CALGARY metro®

NEWS WORTH SHARING.

GO GREEN WITH YOUR FOOD

THIS VEGAN BOWL OF GREEN GOODNESS CAN ALSO BE SERVED WITH CHICKEN SAUTÉED IN GARLIC AND OLIVE OIL PAGE 17

Hoping to get into downtown

The city's homeless familiar with Calgary's core are looking to get back in PAGE 4

Obama talks Keystone XL

The U.S. president weighs in on the controversial pipeline in a highly-anticipated speech PAGE 11

Stylish urban architecture lives at Walden.

walden park

ESTATE HOMES STARTING FROM THE $515s

ARRIVA 2 MODEL HOME NOW OPEN

Sales Centre: 14 Walden Close SE
587.350.1129

CARDEL HOMES

CARDELHOMES.COM

Six-year-old hippo Lobi manages to get through a door and wedge himself into a walkway area at the Calgary Zoo. Lobi was one of two hippos zoo officials feared had escaped during the flooding — but he was found. And although they thought he'd have to be cut out, they managed to create a sandbag ramp to get him back to a holding area. COURTESY CALGARY ZOO

Hippos nearly escape the zoo

Rescue. One official says there was a danger the hippos could have gone into the Bow River

Swimming with high-powered rifles, corralling giraffes with picnic-table tops and coaxing dangerous cats are some of the realities the staff at the Calgary Zoo had to face to rescue the animals during the flood.

"The people of Calgary should be very proud of what's been achieved here, because we saved a huge portion of this animal collection that was destined to die in that flood," said Jake Veasey, Director of Animal Care Conservation and Research at the Calgary Zoo.

One of the more spectacular tales emerging from the Calgary Zoo is that of the hippos.

According to Veasey, there was a real danger of the hippos escaping the zoo, and possibly into the Bow River.

Once the water levels in the hippo enclosure flooded over, the hippos swam out into the general public area of the African Savannah building and were walking up to the glass doors.

Checking in on the hippos was not an easy task, as they had to wield rifles and swim into the building, not knowing where the hippos were at any given moment.

"If we started to see buckets and bins move in a way that does not make sense, that would alert us to the fact (a hippo was coming)," said Veasey.

Quoted

"If we started to see buckets and bins move in a way that does not make sense, that would alert us to the fact (a hippo was coming)."

Jake Veasey, Director of Animal Care at the Calgary Zoo, on searching for the hippos.

"There is so much debris, that if a hippo submerges, you can't see them."

Veasey, along with other zoo staff members, risked their lives on a number of occasions to ensure the safety of the animals and the public.

This includes the quick-thinking and moving of 12 big cats in a matter of minutes.

Although the zoo has announced the loss of a couple of peacocks and some of their fish population, there is a danger that more animals may not make it through the coming days.

One of those species is the giraffe.

Clement Lanthier, President and CEO of the Calgary Zoo, said the zoo is expected to be closed for at least another two weeks and could possibly be re-opened in phases after that.

For now, the biggest priority for the staff is to relieve the stress on the animals and get them back into safe enclosures.

CANDICE WARD/FOR METRO

RBC Royal Bank

One bank – 200 languages

Now bank in your language at any RBC® branch or anytime by phone.

Call 1-800-769-2511 to find a branch near you.

Advice you can bank on™

® / ™ Trademark(s) of Royal Bank of Canada. RBC and Royal Bank are registered trademarks of Royal Bank of Canada. VPS83185

FEEL GOOD ALWAYS. IN EVERY WAY.

Always Ultra Thin pads guard against leaks for up to eight hours. And they're made right here in Canada. So it's protection you can feel good about. Not just for a few days, but for the rest of the month too.

always ultra thin

Available at
SHOPPERS DRUG MART

†With domestic and imported parts – Avec des matières nationales et importées

Beltline remains in the dark

'Hit a Mother Nature roadblock'. Officials say it could be days before power is restored to neighbourhood

KATIE TURNER
katie.turner@metronews.ca

The essentials

- **Food.** Beltline resident Mark Peel estimated he had to throw out $500 in food from his fridge and freezer and said he's spent hundreds on food in the days since.
- **Water.** Residents in Peel's building are still able to run water from their taps.

Some residents of Calgary's Beltline have been living without power for days, and may have to wait a few more until it's restored.

Wandering around with a backpack and a flashlight in hand in front of his apartment building on 14 Avenue between 2 and 4 Street S.W., Sang Jun Bae said he feels like he has nowhere to go.

Having moved from Australia to Calgary three years ago, the Korean native has no family in the city and most of his friends have been evacuated.

"I don't have a choice. I don't have anywhere else to go," he said. "They say go to the city website to check. No power, no Internet, so how am I to check it?"

Fellow Beltliner Mark Peel said he chose to stay at home, not wanting to take shelter space from families, but is growing frustrated with the lack of information about when utilities may be turned on.

"We're just totally in the dark about everything."

City crews worked through the night to pump floodwater from basements, parkades and streets, but some areas keep refilling.

That challenge, according to Calgary Emergency Management Agency director Bruce Burrell, could slow efforts to fully repower the Beltline and other areas. He said crews have hit a "Mother Nature roadblock."

Enmax CEO Gianna Manes said during a Tuesday afternoon briefing that nearly 140 equipment vaults in the area belonging to the city utility provider still have water in them. They need to be fully pumped and assessed for damage before power can be restored, she said.

"I would say it will be at least Thursday," Manes said of restoring power to the Beltline. "Having said that, it's a very fluid situation. There's a lot to sort out."

Mark Peel, left, and Sang Jun Bae stand in front of their Beltline apartment where they've been living without power since flooding started late last week. KATIE TURNER/METRO

WITH FILES FROM JEREMY NOLAIS

Road openings give commuters ray of hope

A Calgary police officer directs traffic at 10th Street N.W. and Memorial Drive on Tuesday. JEREMY NOLAIS/METRO

Commuters pulling their hair out while parked on major Calgary thoroughfares may soon be able to breathe a little easier.

While the city is still encouraging people to stay off the roads as much as possible, Macleod Trail will open fully at 5 a.m. Wednesday and Memorial Drive could also soon return to normal traffic flows.

Mayor Naheed Nenshi conceded there is "enormous traffic congestion" on major roadways like 16th Avenue N.W. and 10th Street N.W.

Many traffic signals remain offline, particularly in the downtown core, which is still working to fully restore power.

"That area is not ready for rush-hour traffic," Nenshi said.

Memorial's northernmost lanes were open for traffic Tuesday; however, concerns remained about possible erosion on the south lanes, which run adjacent to the fast-flowing Bow River.

City roads manager Ryan Jestin said crews were already repairing and assessing the busy east-west route.

"I would hope we could get that work done tomorrow (Wednesday)," he said.

Bus commuters also appear to be growing frustrated with service delays.

"It's been taking me 45 minutes longer to get to work," said Chris Irving.

A Hillhurst resident, Irving said he's found it hard to keep up with changing bus schedules and detours as power was only restored in his home Monday. JEREMY NOLAIS/METRO

NEW CARS AT USED PRICES!
2012 HONDA CIVIC LX
C1110A • AUTO • CRUISE • BLUETOOTH
200 KM • WAS $20,798
$16,988
ALL NEW VILLAGE HONDA
GRAND OPENING EVENT
NOW OPEN IN THE NORTHWEST AUTO MALL • CALL: (403) 451-6153 • www.VILLAGEHONDA.com
AMVIC LICENSED. ALL OFFERS OAC. ALL REBATES TO DEALER. OFFER INCLUDES ALL FEES AND TAXES BUT EXCLUDE GST AND AMVIC FEE OF $6.25. VEHICLES MAY NOT BE AS DEPICTED. ALL OFFERS END 06/30/13. SEE DEALER FOR FULL DETAILS.

Calgary's homeless really want back into downtown

Big job. Officials working around the clock to pump water, restore power in core

JEREMY NOLAIS
jeremy.nolais@metronews.ca

Staring south down Edmonton Trail, George said he just wants to go back to the place he knows.

For him and hundreds of Calgarians without a permanent abode, the downtown core represents the closest thing they have to home.

Staff with the Calgary Drop-In and Rehab Centre held out as long as they could Thursday night in their East Village spot as floodwaters poured into the area, even opening their doors to staff and clients from other shelters.

On Friday morning, Police Chief Rick Hanson deemed the risk too great and the DI was moved to an old hotel on Edmonton Trail that was purchased last year in hopes of turning it into affordable housing.

Damages

- The Calgary Drop-In & Rehab Centre has not calculated a final cost for damages it suffered during flooding last week; however, it's old building, which is attached to the new site, will need "major repairs," according to spokesperson Jordan Hamilton.
- Those wishing to help may donate at thedi.ca

There are no beds and no working kitchen.

And for clients like George, who installs carpets for a living, the continued closure of the core has posed additional problems in an already difficult life.

On Monday, after his shift, he was dropped off at the base of Edmonton Trail and forced to walk 43 blocks to a deserted hotel, where he and fellow DI clients are currently staying.

"It took an hour-and-a-half," George said. "Nothing works in there. All of the food is being brought in from outside ... I appreciate everything they're doing, it's all right (but) it would be good to get back."

People are seen in front of a temporary shelter in an old hotel on Edmonton Trail being used by the Calgary Drop-In and Rehab Centre. JEREMY NOLAIS/METRO

The DI's main building had its basement flooded but was designed for such situations, said spokesperson Jordan Hamilton. He said crews are working hard to restore operations there and hope to be back within days.

While Hamilton admitted the emergency move posed challenges, he thanked the community for their support.

"Neighbours saw us moving in and they opened their kitchens and opened their hearts," he said, noting the DI even managed to pull off a proper lunch service Friday.

Mayor, premier 'transformative' in crisis: Prof.

Mayor Nenshi found these Crescent Heights kids on Monday as they worked to raise money for the Red Cross. CONTRIBUTED BY NAHEED NENSHI

If politicos thought Calgary Mayor Naheed Nenshi was unbeatable in this fall's municipal election before, now there's no question, says a Calgary professor impressed with both his leadership amid the ongoing flood crisis, and that of Premier Alison Redford.

Keith Brownsey, a political scientist with Mount Royal University, said both the municipal and provincial leaders have verged on being "transformative" leaders since raging flood waters ravaged much of southern Alberta.

Nenshi has "done a really good job of really being out there as a voice of reason and insistent that the city do its job in this crisis."

Brownsey already figured the mayor would pull in 80 per cent of the popular vote as an incumbent in this fall's municipal ballot. "He'll get more than that now," he said.

As for the premier, Brownsey indicated her approach to the flooding — and that of her cabinet ministers — may very well save her job come a fall leadership review.

"They were just the kind of government people hadn't voted for. Now, they seem to have somehow risen to occasion and done, I think, a very good job," he said.

JEREMY NOLAIS/METRO

Mr. Popular

- Some recent polls suggest Calgary Mayor Naheed Nenshi's approval rating is over 70 per cent.
- A March Angus Reid poll suggested Premier Alison Redford's approval rating had slipped to 29 per cent.

Saving 5%* is a tall order. Good thing we stacked the savings in your favour.

Save an extra 5%* off our already low prices every day with Target REDcard. Use your Target® Debit Card or Target® RBC‡ MasterCard® to save on almost everything in store from, well, eggs to garden hoses. And just about everything in between.

Apply online at target.ca/REDcard or in store.

*Subject to REDcard™ application approval, you will receive 5% off purchases paid for with your REDcard at Target® stores in Canada, except on prescriptions and certain other pharmacist-dispensed items, Target gift cards and Target prepaid cards. 5% discount applies to eligible purchases minus any other discounts and the value of any promotional Target gift cards received in the transaction. Other restrictions apply. See program rules at Target.ca/REDcard for details. The Target™ Debit Card cannot be used at some independent businesses in Target stores, such as the pharmacy.
REDcard™: Target™ Debit Card (issued by Target™ Canada Co.) and Target™ RBC‡ MasterCard® (issued by Royal Bank of Canada).
®MasterCard is a registered trademark of MasterCard International Incorporated, used under license.
‡Lion & Globe Design, Royal Bank and all other RBC marks are registered trademarks of Royal Bank of Canada, used under license.
©2013 Target Brands, Inc. The Bullseye Design and Target are registered trademarks of Target Brands, Inc.

TARGET®

City core. Work at home for another 'two days': Mayor

Calgary's mayor is urging downtown workers to stay away from the core a little longer. Naheed Nenshi said employers should continue making special plans for employees for "another two days."

Officials with the Calgary Emergency Management Agency (CEMA) estimated as many as half the buildings downtown were still without power Tuesday, but some major sites, including the Suncor Energy Centre and Bow Building, would likely be turned on by midday Wednesday.

"My message to employers across the city, not just downtown, is to get as many people working from home as you can, get your essential staff to carpool," Nenshi said.

Many curious Calgarians appeared to be visiting the eerily dark downtown Monday evening and again Tuesday morning. Some snapped pictures of areas still cordoned off by law enforcement.

Bruce Burrell, CEMA director, urged anyone downtown to stay out of the way of city crews and emergency personnel, saying "a little bit of common sense will go a long way."

Originally, officials had hoped to restore the core to working order by Wednesday; however, assessments of buildings were ongoing.

Gianna Manes, CEO of Calgary utility provider Enmax, said water issues also continue to plague the East Village and she refrained from offering a timeline on when power would be restored there.

JEREMY NOLAIS/METRO

Clean up

- About 30 per cent of downtown streets affected by flooding had been re-opened mid-day Tuesday.
- Streets in the city's downtown core and other areas will likely need to be sweeped multiple times by city vehicles to remove a think layer of mud left by flood waters, said city roads director Ryan Jestin.
- The city has launched temporary park and bike lots. More details available at Calgary.ca.

Flood info. City radio show fires host for on-air swipe

Calgary talk-radio host Dave Rutherford was yanked from the air after making controversial remarks about his parent company's handling of resources during the Calgary flood crisis.

Speaking on the air Monday, Rutherford, who was planning to leave Corus at the end of July, said he was "profoundly disappointed" in Corus for directing resources in Calgary to music radio stations — instead of the already displaced News Talk 770 — so they could keep playing music.

"So I would completely understand if you went elsewhere for your information," Rutherford told his audience.

Corus had been routing Calgary information through News Talk 770's sister station 630 CHED in Edmonton, but Rutherford said they have their own city news to report.

Rutherford confirmed Tuesday in a tweet that his show had been pulled from the air. Fellow Corus radio host Rob Breakenridge was filling in Tuesday morning. No one from News Talk 770's management team was available for comment, and a call to 630 CHED station director Syd Smith was also not returned by press time. METRO

Former Corus radio host Dave Rutherford CONTRIBUTED

'Logistically impossible'

School will return Thurs. without buses

Public school students heading back for one last day of classes Thursday won't be able to hop aboard a yellow bus.

As the city continues to get back on track following severe flooding last week, the Calgary Board of Education said Tuesday it would be "logistically impossible" to transport kids using the yellow buses.

The Calgary Catholic School District will still provide busing for its students.

Two public schools, Elbow Park and Rideau Park, were damaged during floods and won't reopen until fall, officials said earlier this week. METRO

O Calgary

Canada Day plans not deterred by the flooding

Canada Day festivities will go ahead July 1 despite heavy flooding in Calgary.

The day's plans will change a bit with events kicking off at 10 a.m. at Shaw Millennium Park instead of Prince's Island Park, which partially submerged last week.

Stephen Avenue will feature an art walk and Olympic Plaza will play host to a powwow. There will also be attractions at other city venues. Information can be found at calgarycanadaday.ca. METRO

Sheldon Chumir

Inner city health centre reopens

Services at the Sheldon Chumir Health Centre will reopen after being closed because of flooding.

The health centre will reopen in phases, beginning with Urgent Care, starting at 10 a.m. Wednesday.

"The reopening of the Sheldon Chumir is good news for people in Calgary's inner city who require urgent care, community health and mental health services," said Health Minister Fred Horne.

The facility is located at 1213-4 St. SW and was closed because of water levels and a loss of power. METRO

ABSOLUTE SAVINGS EVENT!

3 DAYS ONLY!
JUNE 20-22ND

GET 0% FINANCING
FOR 84 MONTHS ON ANY CHEVROLET, GMC OR BUICK MODEL!

CMPAUTO.COM CMPAUTO.COM CMPAUTO.COM CMPAUTO.COM CMPAUTO.COM CMPAUTO.COM CMPAUTO.COM CMPAUTO.COM CMPAUTO.COM CMPAUTO.COM CMPAUTO.COM CMPAUTO.COM

P130850

2013 GMC
SIERRA 1500 CREW CAB

4.8L V8 4-SPEED AUTO W/ OVERDRIVE, A/C, BLUETOOTH, REAR LOCKING DIFFERENTIAL, REMOTE KEYLESS ENTRY, ONSTAR, 17" CHROME WHEELS, CHROME GRILLE, PWR LOCKS

SALE: $30,888* OR $85 /WEEK[1]

MSRP: $41,000 - YOU SAVE OVER $10,100!

+ EARN 1000 AIR MILES

OVER 100 SIERRAS IN STOCK!*
SHOP ONLINE AT CMPAUTO.COM

C130079

2013 CHEVROLET
SILVERADO 1500 EXT CAB

4.3L V6 4-SPEED AUTO W/ OVERDRIVE, A/C, REAR LOCKING DIFFERENTIAL, CRUISE CTRL, MP3 COMPATIBLE CD PLAYER, BLUETOOTH, ONSTAR

SALE: $22,777* OR $63 /WEEK[1]

MSRP: $32,540 - YOU SAVE OVER $9,700!

+ EARN 1000 AIR MILES

OVER 100 SILVERADOS IN STOCK!*
SHOP ONLINE AT CMPAUTO.COM

P130942

2013 GMC
SIERRA 2500 HD DURAMAX DIESEL CREW CAB

6.6L V8 DURAMAX DIESEL, TURBO, AUTO, A/C, BLUETOOTH, ONSTAR, REMOTE START, REAR LOCKING DIFFERENTIAL, PWR OPTIONS, UNIVERSAL REMOTE, REAR-VIEW CAM

SALE: $58,489* OR $160 /WEEK[1]

MSRP: $66,300 - YOU SAVE OVER $7,800!

+ EARN 1000 AIR MILES

SEE PICTURES OF THE VEHICLES ONLINE AT CMPAUTO.COM!

C131110

2013 CHEVROLET
TRAX

+ EARN 1000 AIR MILES

1.4L 6-SPEED AUTO, BLUETOOTH, TURBOCHARGED, BOSE AUDIO, XM SATELLITE RADIO, ONSTAR

MSRP: $27,680

SALE: $26,678* OR $74 /WEEK[1]

OGB311950

2013 CHEVROLET
CRUZE

+ EARN 1000 AIR MILES

1.8L 6-SPEED AUTO, STABILITRAK, REMOTE KEYLESS ENTRY, ONSTAR

MSRP: $18,045

SALE: $14,999* OR $43 /WEEK[1]

YOU SAVE OVER $3,000!

EARN UP TO 3,000 AIR MILES REWARD MILES!
FOR FULL DETAILS, VISIT AIRMILES.CMPAUTO.COM

SHOP OUR ENTIRE INVENTORY & SEE MORE SPECIALS ONLINE!

CMPAUTO.COM

Goodwrench Service
EXPERT SERVICE AT COMPETITIVE PRICES.

SUMMER SERVICE SPECIALS

COOLANT SPECIAL $159.95
EMISSION SPECIAL $139.95
ALIGNMENT CHECK $49.95

CALL TO BOOK! 403-930-1543

CMP GM
CHEVROLET Cadillac BUICK GMC

CANADA'S BEST MANAGED COMPANIES
AMVIC LICENSED

403-930-1634
CMPAUTO.COM
1313 36 St. NE, Calgary, AB, T2A 6P9

REBUILD YOUR CREDIT

BANKRUPTCY | DIVORCE | NO CREDIT
NEW CREDIT | NEW TO CANADA
100% APPROVAL RATING
APPLY ONLINE OR CALL
403.569.5416
CALGARYAUTOFINANCING.COM

*0% FINANCING AVAILABLE UP TO 84 MONTHS. SALES AND PROMOTIONS END JUNE 22ND, 2013. DEALER RESERVES THE RIGHT TO END PROMOTION AT ANY TIME WITHOUT NOTICE. SEE DEALER FOR FULL DETAILS. VEHICLES IN STOCK START FROM ADVERTISED SALE PRICE. PAYMENTS O.A.C. 1. 0% FOR 84 MTH. (GST, $20 TIRE) AND FEES ($499 ADMINISTRATION, $249.95 WHEELS LOCKS AND NITROGEN & $6.25 AMVIC) NOT INCLUDED. ERRORS AND OMISSIONS EXEMPT. VEHICLE MAY NOT BE EXACTLY AS SHOWN.

Kaizen AUTOMOTIVE GROUP PART OF THE KAIZEN AUTOMOTIVE GROUP | KAIZENAUTO.COM

High River mayor says town is a 'major disaster'

Frustration. Officials angry over residents who refused to leave, residents who left are upset officials won't let them back in

The mayor of High River on Tuesday beseeched residents demanding to return to their homes to have some understanding for the monumental recovery task that faces the flooded southern Alberta community.

Emile Blokland said people need to realize that the water that engulfed the town of 13,000 and forced a full and mandatory evacuation last week bore little resemblance to a normal flood.

"Floods are very easy to deal with — water comes, water goes, and then we clean up afterwards.

"This is a major disaster we are dealing with. It's at the same level as the Slave Lake fire that devastated that community."

Provincial officials said 80 per cent of High River remained without services Tuesday and the waste-water treatment plant wasn't working.

"We do not have sanitary sewer. We have no water for those folks. We have no utilities for those folks," an animated Blokland said at an afternoon update.

RCMP Insp. Garrett Woolsey said police-led search teams had cleared 4,700 residences and buildings. Dive teams from Saskatchewan were checking 30 houses too unsafe to enter any other way. Some were completely submerged.

Making matters worse were as many as 300 people who didn't leave when ordered to do so, said Dave Galea of the Alberta Emergency Management Agency. They were discovered as RCMP and soldiers searched homes door to door.

"They are now starting to contribute to the problem," Galea said.

Municipal Affairs Minister Doug Griffiths vented his displeasure saying he had little sympathy for those who remained behind.

"I'm not and the community will not direct ... time, energy and resources for those who refuse to leave," said a visibly angry Griffiths. "If they care about their community and the people in it, they need to leave."

Kienen Dennis, 17, pauses on his bicycle in front of a damaged railroad track in High River on Tuesday. JORDAN VERLAGE/THE CANADIAN PRESS

But Alberta Opposition Leader Danielle Smith, who lives in High River, suggested it was time to let people back.

"People are at their wit's end and I can understand why," Smith said. "We have medical doctors now saying we have to start getting into those homes so they can be cleaned up, otherwise we have a bigger problem."

THE CANADIAN PRESS

Incredible support for First Nation communities: Grand Chief

Donations pour in for residents of Siksika Nation, who were hit hard during the flood. COURTESY SIKSIKA NATION

Treaty 7 Grand Chief Charles Weaselhead said the First Nations that have been impacted by the flooding are "a work in progress."

Joined by Steve Armstrong, provincial director of the Canadian Red Cross, Weaselhead provided a status update on the progress of the flood relief efforts on the First Nations that were hardest hit by the disaster.

"Displaced people are where they need to be. We are continuously assessing what is most required in terms of water, food, shelter, baby items and the elderly," said Weaselhead.

Over the last couple of days, Weaselhead said the communities have been able to establish their centres, relief funds and lines to communicate their needs.

As donations continue to pour in for Siksika, Eden Valley and Morley, Weaselhead said the amount of support from surrounding communities, and all over the country has been nothing short of incredible.

He said Siksika is almost a total state of destruction, and the rebuilding process expected to be in the millions of dollars.

On Friday, Tsuu T'ina Nation will be holding a benefit concert to raise money and household items for Treaty 7 First Nations impacted by the flood.

Acts will include First Nations artists such as Susan Aglukark, Inez Jasper, Michelle Thrush and many others.

Entrance fee is $10 and it will take part during the annual Treaty Days celebrations off Anderson Road and 37 Street.

CANDICE WARD/FOR METRO

Building on flood plains

Too soon to decide whether to restrict development in flood zones: Alta.

As people in southern Alberta begin to recover from the devastation caused by heavy flooding, the province says it is too soon to say whether it will restrict future development in flood-prone areas.

A government task force recommended such rules for municipalities in a report following severe flooding in 2005, but the recommendation has not been acted on.

Environment Minister Diana McQueen said Tuesday a new government committee will again study the question of building on flood plains.

Colin Lloyd, managing director of the Alberta Emergency Management Agency, suggested the extent of the recent flooding means some of the findings of the seven-year-old report are now out of date.

McQueen said it's also too soon to say whether the government will make a decision on whether municipalities should allow new construction in flood zones before major reconstruction work begins.

There is no initial estimate of the damage caused by the floods that have ravaged Calgary, High River and other communities.

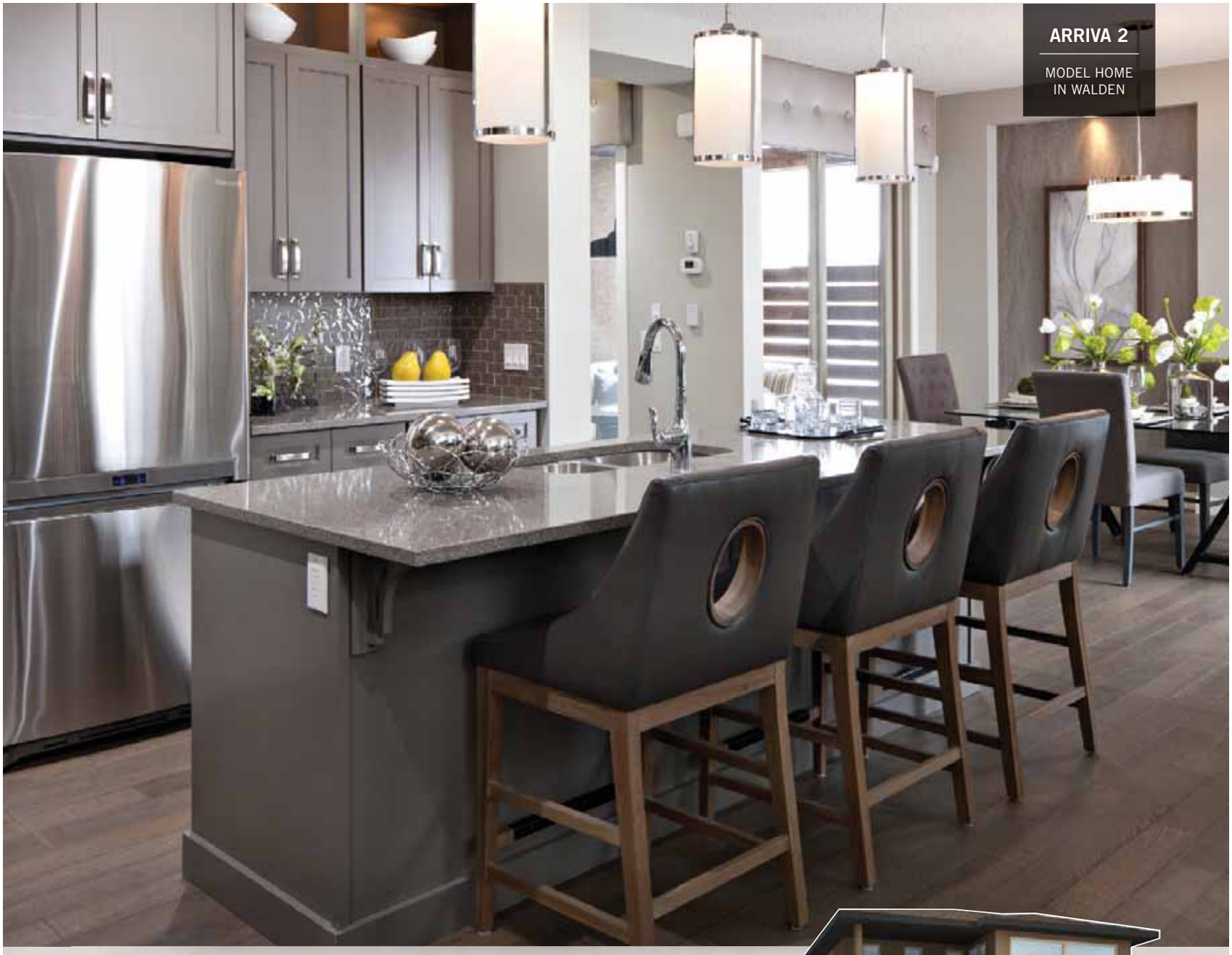
On Monday the province pledged $1 billion for the first stage of its flood relief plan.

Alberta Environment officials said it has completed or is working to implement 13 of the 18 recommendations contained in the flood mitigation report that was presented to the government in 2006.

"No report or recommendation looking at the lessons of the past could have prepared us for this event," said McQueen.

Experts have been critical of the government's readiness to deal with floods. THE CANADIAN PRESS

Excite Travel Agents
www.excitevacations.ca
Own your own travel company for less than you'd think
Information Seminar coming to Calgary July 4th
Glenmore Inn and Conference Centre 7pm



Stylish urban architecture lives at Walden.

LIMITED OPPORTUNITY

walden park

ESTATE HOMES STARTING FROM THE

$515s

Sales Centre: 14 Walden Close SE • 587.350.1129

ARRIVA 2 MODEL HOME NOW OPEN

SINGLE FAMILY

INNER CITY

CONDOS +TOWNS

In communities all across Calgary

47 YEARS

Built for real life.

CARDELHOMES.COM

CARDEL HOMES

Jet stream at fault for flood?

Climatology. Theory suggests a wobbly jet stream may be locking in weather patterns

Storm clouds move over Guthrie, Okla., on May 30. The jet stream, the river of air high above Earth that greatly affects the weather, lately seems to be deviating from its normal path — with disastrous results. KFOR-TV/THE ASSOCIATED PRESS FILE

It's a long way from the Arctic Ocean to southern Alberta, but scientists are increasingly intrigued by theories that link disappearing sea ice to off-the-hook weather such as last week's flooding.

Many are coming to believe there's a common thread between not enough ice on the ocean and too much water in the rivers — a high-altitude, high-speed torrent of air called the jet stream.

"There's been a lot interest in the jet stream in the last two or three years," said Dave Phillips, an Environment Canada climatologist.

The jet stream usually rushes rapidly from west to east in a mostly straight direction. But lately it's been wobbling and weaving like a drunk driver, causing havoc as it goes.

The jet stream gets its energy from the temperature difference between the frigid Arctic and the milder south. The greater the difference, the straighter and more powerful the stream.

But Arctic sea ice has been collapsing for the last several years. The Arctic Ocean itself is also growing warmer.

The jet stream is about 14 per cent slower in the fall now than in the 1990s, according to a recent study by Jennifer Francis of Rutgers University.

Continental and oceanic influences are now relatively stronger, causing the flow to weave more north and south.

Instead of what Phillips describes as typically Canadian "hit-and-run" weather, systems can hang around for days. And when those systems are wet, there's a risk of flooding.

"What we seem to be developing, and there are some papers that are discussing this, is that the jet stream seems to be locking into these patterns longer," said climatologist James Byrne at Alberta's University of Lethbridge.

However, not all scientists make those connections.

"There's going to be a lot more to it than just a wobbly jet stream," argued Byrne.

THE ASSOCIATED PRESS

Wacky weather

The theory could help explain anomalous seasons, such as the warm winter of 2011-12 on the Prairies.

- Last May, the weather was upside-down. Early California wildfires fuelled by heat contrasted with more than a foot of snow in Minnesota. Seattle was the hottest spot in the U.S. one day, while Maine and Edmonton were warmer than Miami and Phoenix.
- Last year there were more tornadoes in Saskatchewan than in Oklahoma.

SEASON TO DRIVE

THE 2013 ILX. LUXURY HAS NEVER BEEN SO ATTAINABLE.

$138* BI-WEEKLY PAYMENT

WITH $3,000* DELIVERY CREDIT | 0.9%* 48 MONTH LEASE | $0* DOWN PAYMENT

NORTHWEST ACURA
125 CROWFOOT WAY N.W.
TOLL FREE 1.866.822.6677
403.239.6677
NORTHWESTACURA.CA

SILVERHILL ACURA
5728 MACLEOD TRAIL S.
TOLL FREE 1.866.374.4917
403.536.3295
SILVERHILLACURA.COM

ACURA
acura.ca/calgary

*Lease offer is available through Acura Financial Services Inc. on approved credit. 2013 ILX 5-speed automatic (Model DE1F3DJ) leased at 0.9% APR for 48 months. Bi-weekly payment is $138 (includes $1,945 freight & PDI), with $0 ($3,000 less $3,000 delivery credit to retailer) down payment. First payment, $100 excise tax, and $20 new tire surcharge, $6.25 AMVIC fee and $0 security deposit due at lease inception. Total lease obligation is $14,478.25. Option to purchase at lease end for $13,368 plus taxes. 80,000 kilometre allowance; charge of $0.15/km for excess kilometres. GST, license, insurance and registration are extra. Retailer may lease for less. Retailer order/trade may be necessary. Vehicle shown for illustration purposes only. Offers are only valid for Alberta residents at Alberta Acura retailers until July 2, 2013. See your Calgary Acura retailer for full details. AMVIC LICENSEE

Mauritania. Amnesty believes Canadian has been tortured in prison

Amnesty International says it supports the claims of a Canadian who alleges he has been tortured while behind bars in the North African country of Mauritania.

Alex Neve, head of Amnesty's Canadian branch, said he believes 24-year-old Aaron Yoon, who has been in prison since 2011 on terror charges.

Neve said that Yoon also told Canadian government officials who visited him that he had been tortured, so he wants to hear what they are doing about his case. Yoon denies all the charges against him.

"I would say that his torture allegations were vivid and detailed," Neve told The Canadian Press on Tuesday.

"They're certainly credible and completely consistent with the wider pattern that we've known to be the case for quite some time in Mauritania."

Yoon is accused by prosecutors of having links to the terrorists who attacked an Algerian gas plant in January. The terrorists included two Canadians from London, Ont., who were found dead at the plant. Yoon and the two men went to the same high school.

He told Neve that he signed a bogus confession after a second round of torture.

"The first time was just a free-for-all of beatings," said Neve, describing how Yoon said he was beaten for about an hour before passing out.

Confession

"He was prepared to sign anything. And he did."

Alex Neve, head of Amnesty International's Canadian branch

On the second occasion, Yoon's hands and feet were handcuffed behind his back and tied to each other and then tightened, said Neve. Defenceless and lying stomach down in a bow shape, Yoon was beaten for about 20 minutes, he said.

"That's what broke him," said Neve.

Yoon was sentenced to two years in prison last July.

Mauritanian prosecutors want to increase his sentence to 10 years. THE CANADIAN PRESS

Nunavut

Tourists stranded on huge ice floe

A group of tourists on an ice floe off Baffin Island in Nunavut were expected to be stranded there until early Wednesday.

They were set adrift when a 50-km-long slab broke away from the shore.

RCMP spokeswoman Cpl. Yvonne Niego said a group of hunters who were also trapped managed to cross over onto land after the chunk of ice split and their end floated close to shore. THE CANADIAN PRESS

Montreal

New new mayor certain he won't get raided by cops

Montreal's new interim mayor is making what passes for a bold prediction these days for a politician in the city: He's confident his offices won't be targeted in any police raids.

Laurent Blanchard was crowned Tuesday, making him the city's third mayor in less than a year.

He will only hold the job until a November election. THE CANADIAN PRESS

U.S. Snowden's flights set back efforts to strengthen ties with Russia, China

The White House pressed Russia Tuesday to extradite NSA leaker Edward Snowden to face espionage charges, despite Moscow's blunt rejection in a diplomatic faceoff threatening recent attempts by the two country's presidents to strengthen their ties.

Snowden's evasion of U.S. authorities already has set back President Barack Obama's attempts to cultivate relations with China. Relations with both countries have been at the forefront of Obama's foreign policy agenda this month. Obama met just last week with Russian President Vladimir Putin and held a two-day summit with Chinese President Xi Jinping in California this month.

Putin said that because there is no extradition agreement with the U.S., it couldn't meet the U.S. request for extradition. "Mr. Snowden is a free man, and the sooner he chooses his final destination the better it is for us and for him," Putin said.

THE ASSOCIATED PRESS

Russian President Vladimir Putin
KIMMO MANTYLA/GETTY IMAGES

'Fugitive from justice'

During a stop in Saudi Arabia, Secretary of State John Kerry said that while it's true the U.S. does not have an extradition treaty with Russia, "we would hope that Russia would not side with someone who is a fugitive from justice."

Obama: Keystone must be in his 'nation's interest'

U.S. President Barack Obama removes his jacket before speaking about climate change Tuesday, at Georgetown University in Washington. Obama is resorting to his executive powers to tackle climate change and sidestep the partisan gridlock in Congress. CHARLES DHARAPAK/THE ASSOCIATED PRESS

Debate heats up. U.S. president says pipeline should only be approved if it doesn't increase greenhouse emissions

American authorities should only approve TransCanada's Keystone XL pipeline if they're certain it won't "significantly exacerbate" greenhouse gas emissions, U.S. President Barack Obama said Tuesday as he unveiled a national plan to combat climate change.

In a highly anticipated speech on his climate objectives, Obama weighed in on Keystone despite reports he would steer clear of the controversial project because it's in the midst of a State Department review.

"Allowing the Keystone pipeline to be built requires a finding that doing so would be in our nation's interest," he said. "And our national interest will be served only if this project does not significantly exacerbate the problem of carbon pollution."

The president's comments came as he provided details of new climate-change regulations that will cut carbon emissions at power plants and require federal projects to better prepare for extreme weather.

He'll use his executive authority to implement most of the proposals, bypassing congressional lawmakers reluctant to move on climate change. THE ASSOCIATED PRESS

Quoted

"This pipeline has been the most studied pipeline in the history of the world."

Joe Oliver, Canada's natural resources minister, citing a report saying that the U.S. already has evidence the Keystone pipeline won't have an impact on emissions levels.

GRAPHIC DESIGNER

We're looking for a talented Graphic Designer whose portfolio and experience reflects that of a strong print design background. In this six month contract position, the right candidate will join Metro's dynamic and award winning Creative Services team. The ideal candidate will have a successful track record of delivering a variety of quality creative and deadline driven projects in an extremely fast paced environment. In addition a solid comprehension of print design and production, specifically for print advertising and online design skills using web-based media are a definite asset.

PRIMARY RESPONSIBILITIES:

- Development of creative executions for in-paper retail advertising, and print production knowledge
- Build strong collaborative relationships with internal and external clientele
- Quality assurance of design and layout prior to sending to clients, high degree of accuracy

REQUIREMENTS OF THE POSITION:

- Skilled in print, online and mobile graphic design, comprehensive and complete software knowledge including, QuarkXPress, InDesign, Adobe Acrobat/Distiller, Photoshop, and Illustrator
- Proficient on both Mac and PC platforms
- Ability to prep files for print production, including file stuffing (.sitx, .sit, .sea, .zip) and FTP experience
- Professional, personable, approachable with great communication skills (both verbal and written)
- Ability to thrive under pressure in a fast paced, multi-faceted and deadline driven environment with strong attention to detail (typography, copy, grammar, layout, images, colour, etc)
- Must be a quick problem-solver, who initiates projects and takes a pro-active approach.
- Must be highly skilled at multi-tasking, prioritizing workload efficiently, and tracking ad material.
- Post secondary degree or diploma in Graphic Design (Print)
- 3+ years design experience within a media environment

Interested individuals who possess the skills described above are requested to submit their resume and cover letter via email to hr@metronews.ca no later than July 5, 2013. PLEASE QUOTE: "Graphic Designer - Calgary in the subject line. All submissions will be treated as confidential.

metro

ABM COLLEGE

GET JOB READY FAST! Enroll Now.

Become a Medical Lab Asst. in less than 6 Months

Program starts on July 22, 2013

- We offer **Alberta Government** approved programs, that lead to a rewarding career
- Funding and employment services available
- Clinical Practicum included

403.719.4300
3516 26 Street NE, Calgary AB
info@abmcollege.com
www.abmcollege.com

Other Programs include:

Health Care Aide • Medical Office Assistant • Pharmacy Assistant
Massage Therapy • Business Administration • Accounting & Payroll

30 YEARS IN CANADA
SALES EVENT
0% FINANCING FOR UP TO 96 MONTHS
OR
GET UP TO $10,000 IN PRICE ADJUSTMENTS ON SELECT MODELS
COUNTRY HILLS HYUNDAI
DRIVING HIGHER STANDARDS
WE HAVE OVER 340 NEW AND 900 USED VEHICLES AVAILABLE!

ELANTRA 2013 GT L MANUAL CH101386
SALE PRICE: $18,364*
$88 B/W
A/C,AUXILIARY INPUT JACKS, DUAL HEATED SEATS
SAVE $1,250 IN PRICE ADJUSTMENTS!

VELOSTER 2013 1.6 GDI MANUAL CH136787
SALE PRICE: $20,714*
$99 B/W
A/C, BLUETOOTH, HEATED FRONT SEATS, REAR VIEW CAMERA
SAVE $600 IN PRICE ADJUSTMENTS!

TUCSON 2013 L AUTO CH677400
SALE PRICE: $24,659*
$130 B/W
A/C, EZ LANE CHANGE ASSIST, REAR SPOILER, AUX INPUT JACKS
WE HAVE OVER 55 TUCSONS AVAILABLE!

GENESIS 2013 COUPE MANUAL CH097210
SALE PRICE: $28,184*
$135 B/W
18" ALLOY WHEELS, REAR LED TAILLIGHTS, A/C, AUX INPUT JACKS
0% FINANCING FOR 96 MONTHS & $0 DOWN!

CALL TO BOOK! 403-984-9697
For a Limited Time! $29.95 OIL CHANGE! INCLUDES • ALIGNMENT INSPECTION • TOUCH-LESS CAR WASH
Plus... Get a Free Car Wash WITH EVERY SERVICE!
YOU CAN WIN 1 OF 3 IPAD MINIS! CONTEST ENDS JUNE 29th! ENTER AT IPAD.CHHYUNDAI.COM

COUNTRY HILLS HYUNDAI 403-984-9696
2307 Country Hills Blvd NE Calgary, AB T3J 0R4
CHHYUNDAI.COM
BEST MANAGED COMPANIES AMVIC LICENSED
DELIVERY AND DESTINATION INCLUDED. TAXES (GST, $20 TIRE & $100 A/C) AND FEES ($399 SECURITY, $149.95 WHEEL LOCKS AND NITROGEN & $6.25 AMVIC) NOT INCLUDED. BI-WEEKLY PAYMENTS ARE OAC. TAXES (GST) EXTRA. SEE DEALER FOR DETAILS. FULL CONTEST DETAILS AT IPAD.CHHYUNDAI.COM. ERRORS AND OMISSIONS EXEMPT. VEHICLE MAY NOT BE EXACTLY AS SHOWN. COMMERICAL VEHICLES EXEMPT FROM OIL CHANGE OFFER. OFFERS AVAILABLE FOR A LIMITED TIME, AND SUBJECT TO CHANGE WITHOUT NOTICE.
DEERFOOT TRAIL, COUNTRY HILLS BLVD. NE, FREEPORT DR. NE, BARLOW TRAIL NE
Kaizen AUTOMOTIVE GROUP PART OF THE KAIZEN AUTOMOTIVE GROUP | KAIZENAUTO.COM

Canadian winter Olympian Meaghan Mikkelson speaks at an event announcing the sponsorship of the team by Adidas in Toronto on Tuesday. FRANK GUNN/THE CANADIAN PRESS

Adidas to supply Olympic team

Four-year partnership. Agreement with COC covers high-performance clothing and footwear

The Canadian Olympic Committee and Adidas Canada announced a four-year partnership agreement Tuesday that will make the sporting goods company the official high-performance apparel and footwear supplier for the national Olympic team.

The collection will include compression and workout gear, various outwear layers for outdoor training and long- and short-sleeve performance T-shirts along with footwear and accessories.

Adidas Canada plans to launch the collection at Sport Chek stores around the country on Nov. 7. Canadian Tire and Sports Experts will carry select items starting Nov. 30.

Sport Chek and Adidas Canada also announced their sponsorship of seven Canadian Olympic hopefuls who will be involved in grassroots events around the country encouraging participation in sport.

The campaign, called What it Takes, will feature freestyle skier Chris Del Bosco, alpine skier Erik Guay, short-track speed skater Charles Hamelin, bobsledder Kaillie Humphries, women's hockey player Meaghan Mikkelson, skeleton racer Jon Montgomery and snowboarder Maelle Ricker.

HBC's role

- The Hudson's Bay Company will continue to provide the casual wear that Canadian Olympians wear on the podium and in the opening and closing ceremonies.

Nike Canada supplied jerseys and sports equipment for the team ahead of the London Games last year.

The Adidas Canada deal is the Canadian Olympic team's first partnership involving high-performance apparel and footwear, a COC spokesperson said.

THE CANADIAN PRESS

Market Minute

DOLLAR 95.16¢ (-0.21¢)

TSX 12,005.42 (+168.56)

OIL $95.32 US (+14¢)

GOLD $1,275.10 US (-$2)

Natural gas: $3.66 US (-8¢)
Dow Jones: 14,760.31 (+100.75)

Retail. Indigo to launch stores outside Canada in two years

Indigo Books & Music Inc. is looking to expand outside Canada in the hope that opening new stores elsewhere could help deliver stronger results across its broadening range of products.

Chief executive Heather Reisman said Tuesday that the firm plans to launch brick and mortar stores outside of the country in about two years, though she declined to say which markets the retailer is considering.

The book seller has been trying to boost its profitability by stocking more high-margin products, such as gifts, toys and lifestyle items, in an effort to adapt to shifting consumer trends.

THE CANADIAN PRESS

The book seller has been trying to boost profitability with gifts and lifestyle items — like this Hello mug. INDIGO.CA

TRUE NORTH STRONG AND FAT

JUST SAYIN'

Paul Sullivan
metronews.ca

Summer's here and life's a beach.

If you haven't been working out all winter, it's too late. You'll have to fake it.

Turning that spare tire into a six-pack will take the whole summer and you'll be ready for your beach close-up just in time to head back to school, fool.

There are a number of things you can do, like suck your stomach in as you stroll, all nonchalant, along the shore. If anyone asks why your face is so red, just tell them you burn easily from the neck up. Like all those other red-faced shore stalkers going by.

Then there's the briefest-possible-moment-of-exposure tactic. Just drag your beach blanket and mummy kit as close to the water as you can without being swamped, then disrobe quickly, flashing your bi- or mono-kini, and then immerse yourself up to your neck as quickly as possible.

To get out of the water successfully, repeat in reverse. Do not, like Daniel Craig, emerge from the surf in glorious 3D slow motion. You'll scare the little kids on the beach.

Make sure to do whatever you can to avoid the inverse beach fitness rule. That is: The less fit you are, the more flesh you expose. Don't be that guy with the beach ball for a belly and the speedo. If that bikini didn't look quite right in that artfully lit Swimco mirror, how do you think it's going to look out here, in the stark light of day?

I don't want to cramp your style, but you don't have any, especially when your body is a gallery of all your deepest thoughts written in flesh. Tattoos, even Angelina Jolie's — especially Angelina Jolie's — don't make it better. You look like human graffiti.

There are some people, of course, who look fantastic on the beach, all fresh and tousled and tanned. They're called children. They don't count.

The rest of us? We can stroll, but we can't hide. We can merely deflect. For men, I recommend the Hawaiian shirt. If you get a red one with parrots on it, you'll kind of remind people of Tom Selleck. That is, you won't look anything like Tom Selleck, but you'll remind people that he wore Hawaiian shirts. If you're a woman, I recommend wearing a hat, preferably one with a great big brim. It protects you from the sun and hides your face.

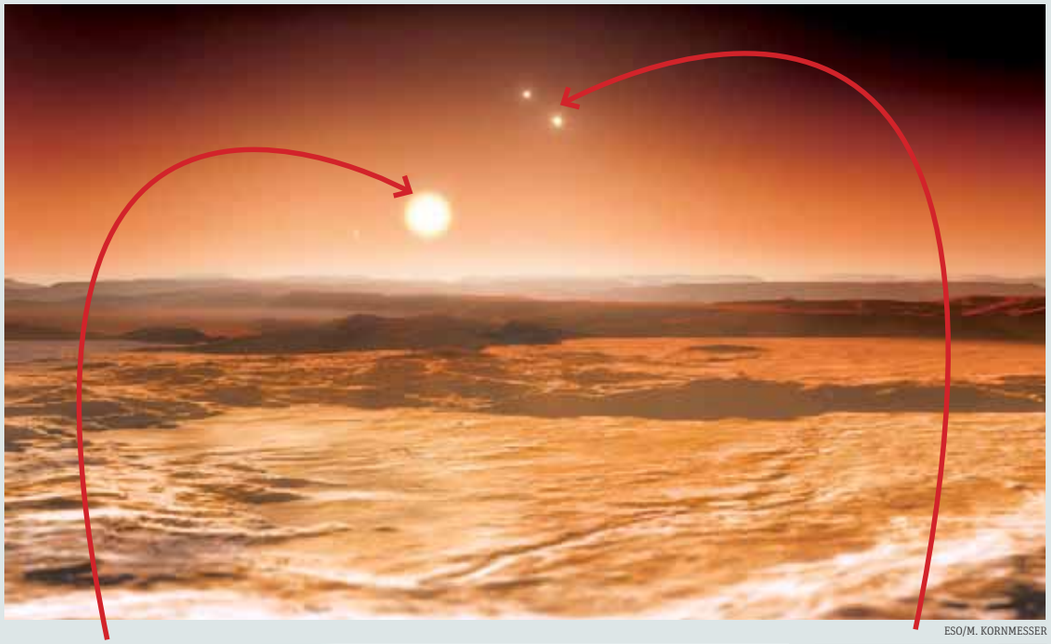
If you insist on violating the inverse beach fitness rule, it's the least you can do.

OK, if we pull together, we'll be able to hang out on the beach together, as thick as seagulls waiting for that kid to spill his fries.

And then, come September, we'll pack up the car and head straight for the gym. Right.

ZOOM

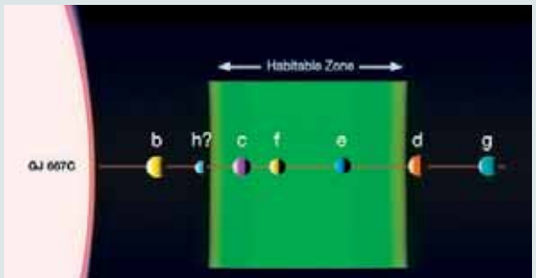
Goldilocks' house getting crowded



ESO/M. KORNMESSER

Star with record 3 habitable planets

Near the star Gliese 667C, scientists have discovered a treasure trove of at least six planets — with a record-breaking three super-Earths in the habitable or "Goldilocks" zone around the star. This artist's impression shows the view from exoplanet Gliese 667Cd looking toward the planet's parent star (Gliese 667C). METRO



Three super-Earths are lying in the zone around Gliese 667C where liquid H_2O could exist, making them possible candidates for the presence of life. This is the first system found with a fully packed habitable zone. ESO

Distance from Earth

22

light years is the distance of Gliese 667 from our planet. Gliese 667C is classified as a low-luminosity "M-dwarf" star just over one-third the mass of our sun.

In the background to the right the more distant stars in this triple system (Gliese 667A and Gliese 667B) are visible, and to the left in the sky one of the other planets, the newly discovered Gliese 667Ce, can be seen as a crescent.

Clickbait

ANDREW FIFIELD
andrew.fifield@metronews.ca

Tumblr can be a bit of a minefield for preciousness, but there's plenty of humour and wisdom hiding behind the re-purposed inspirational quotes and GPOYs. Here's a trio of blogs fitting that bill.

I Love Charts:

A steady supply of slickly packaged data that's the perfect mixture of DIY chuckles and genuinely useful information. Take a quick glance, load up on fun facts and impress your friends at parties.
(ilovecharts.tumblr.com)

Dear Coquette:

A foul-mouthed advice column with a particular penchant for soothing readers crushed by the early disappointments of adulthood. Similar blogs are a haven of hollow snark, but Coquette keeps things pithy and poignant. (dearcoquette.com)

Exploding Actresses:

This one is fairly new so the threat of drying up hangs over it, but there's already a nicely varied selection of famous movie scenes re-cut to end in cartoonish tragedy.
(explodingactresses.tumblr.com)

Twitter

@metropicks asked: Should the Calgary Stampede have been cancelled? Or could the money be spent elsewhere?

@RosalinKrieger: Should the Calgary Stampede have been cancelled? it should be ABOLISHED!

@zephryus47: 340 million in economic spinoffs from the stampede. of course it should go ahead.

@oconnorbeth: the stampede is an important part of calgary's economy. People rely on the money made during stampede. We need a morale boost.

@InfiniteWicked: NEVER Its a 101 yr old tradition. It's the heart of the city & unlike Alberta spirit to throw in a white flag.

@TriciaKindleman: they made it clear they've been utilizing their own resources to get things going again incld power. Good on them!

@TorontoDonuts: Calgary needs to show strength by continuing with this tradition. Cover the stampede with donation boxes for relief assistance.

Follow @metropicks and take part in our daily poll.

WE WANT TO HEAR FROM YOU:
Send us your comments: calgaryletters@metronews.ca

metro

President Bill McDonald • **Vice-President & Group Publisher, Metro Western Canada** Steve Shrout • **Editor-in-Chief** Charlotte Empey • **Deputy Editor** Fernando Carneiro • **National Deputy Editor, Digital** Quin Parker • **Managing Editor, Calgary** Darren Krause • **Managing Editor, News & Business** Amber Shortt • **Managing Editor, Life & Entertainment** Dean Lisk • **Sales Manager** Blaine Schlechter • **Distribution Manager** David Mak • **Vice-President, Sales and Business Development** Tracy Day • **Vice-President, Creative** Jeff Smith • **Vice-President, Finance** Phil Jameson • **METRO CALGARY** Unit 120, 3030 - 3 Avenue NE, Calgary, AB T2A 6T7 • **Telephone:** 403-444-0136 • **Fax:** 403-539-4940 • **Advertising:** 403-444-0136 • adinfocalgary@metronews.ca • **Distribution:** calgary_distribution@metronews.ca • **News tips:** calgary@metronews.ca • **Letters to the Editor:** calgaryletters@metronews.ca

Feeling The Heat, buddy cop flick passes the Bechdel Test

Girl power. Latest Sandra Bullock flick puts a new twist on an old formula and places itself in a rare category where female characters dominate

IN FOCUS
Richard Crouse
scene@metronews.ca

The Bechdel gender bias Test was created in the mid-'80s by cartoonist Alison Bechdel.

It's a simple analysis that gives movies a pass or fail based on three simple criteria: 1) It has to have at least two women in it, 2) who talk to each other, 3) about something besides a man.

This weekend The Heat will submit itself up to the Bechdel Test and has a good chance of getting the seal of approval. Starring Sandra Bullock and Melissa McCarthy as an uptight FBI agent paired with a loose cannon Boston cop to hunt down a drug lord, the movie is a rarity — a female buddy cop movie.

Not all of the movies on Bechdel's list are winners — Bonnie & Clyde vs. Dracula, anyone? — but the test isn't an indicator of quality, just gender bias.

For example, the buddy picture Beaches, starring Bette Midler and Barbara Hershey as lifelong friends has the Bechdel seal of approval but is hopelessly melodramatic.

Sandra Bullock and Melissa McCarthy star in The Heat — a rare female buddy cop movie. HANDOUT

One more

Finally, Whip It, first time director Drew Barrymore's movie about female roller derby, also gets a passing grade on Bechdel's test. Here is why:

- **Last one.** Ellen Page plays an unhappy teenager from small town Texas who stumbles across a flyer for a female Roller Derby league and sees a way out of her mundane life. Turns out she has a natural derby demon ability and soon learns that just because she's found a new family at the roller rink, she can't throw her old family away.

The story of the bond between singer C.C. and wealthy lawyer Hillary is a weepie (the Wind Beneath Your Wings moment is a five Kleenex scene) that audiences responded to because of the tender relationship between the two women.

Woody Allen's most successful movies have frequently had women's names in their titles and while Vicky Christina Barcelona isn't a classic like Hannah and Her Sisters and Annie Hall it's really good and earned a thumbs up from Bechdel.

The movie begins with two girlfriends, Vicky (Rebecca Hall) and Cristina (Scarlett Johansson), on summer vacation in Spain.

They're best of friends but have very different outlooks on life. Vicky is a straight-laced New Yorker, Cristina is a sexually audacious free spirit still trying to find herself.

The young Americans meet an intriguing painter (Javier Bardem) who woos them both as he tries to deal with his residual feelings for his passionate but slightly loopy ex-wife (Penelope Cruz).

Dale shining his Badge of honour

James Badge Dale isn't a household name, though he did star in AMC's short-lived but acclaimed Rubicon. But he's everywhere this summer. In Iron Man 3 he played Eric Savin, the villain's main henchman. In World War Z he's a gruff soldier stationed in South Korea. And in the forthcoming The Lone Ranger he's the titular hero's older outlaw brother, whose code is a bit more morally grey. He also has a sizable role in Parkland, about the JFK assassination and starring Zac Efron and Paul Giamatti. And he's soon to do a comedy with Joe Carnahan, who directed him in a memorable, upsetting death scene in The Grey.

What was it like doing films on this scale?
They were three different experiences for me in three ways — three separate genres, three completely different characters and three different sets of obstacles. I don't know how to ride a horse. (The Long Ranger producers) had me show up six weeks early and learn how to handle weaponry. On Iron Man, I've never worked in front of a green screen.

How quickly do you get over acting with major superstars?
You don't have time for that. It's not like you're meeting the guy on the street. You're working with him. So you have to show up for work. Someone told me you don't want to work with a guy who isn't nervous. I've made this mistake where I try to act like I'm not nervous. It's okay to be a little starstruck. You just come prepared and have fun.

What's the difference with working on TV versus film?
The biggest difference with a film is there's a definitive ending. You know the beginning, middle and the end. You always know where you're trying to get to. With television, it's kind of a catch-22: If the show is successful it keeps going.

MATT PRIGGE/METRO

James Badge Dale stars in three big summer movies. GETTY IMAGES

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Chris Brown. ALL PHOTOS GETTY IMAGES

Good grief Chris Brown, you blockhead

Chris Brown is being accused of assaulting a woman at a San Diego nightclub last week, according to E! News.

Police received a call from a woman complaining that the singer pushed her during his performance at Heat Ultra Lounge, resulting in injuries.

While the investigation is ongoing, a club employee is standing up for Brown, saying that he'd heard Brown had "moved someone out of the way" and that "perhaps the incident is being blown out of proportion."

Brown, who is no stranger to legal trouble, is standing up for himself, tweeting simply, "I didn't do anything" — although the tweet was quickly deleted.

The Word

Who needs love when you have a few million in the bank?

THE WORD
Pat Healy
scene@metronews.ca

Holly Madison! You in danger, girl! It looks like the reality TV star is going through with her engagement with party promoter (and father to her infant daughter, Rainbow), Pasquale Rotella.

She showed off her giant new engagement ring to People magazine. Hopefully the 18-carat yellow diamond ring is big enough that she will overlook the fact she's marrying a man who could go to prison in the next year. Rotella is facing more than 13 years in prison on bribery, embezzlement, conspiracy and conflict of interest charges, per reports.

The L.A. County District Attorney says that Rotella, who owns an event firm called Insomniac events, used more than $2.5 million in funds from the Los Angeles Memorial Coliseum to pay off city officials.

Amy Winehouse.

Maybe Winehouse didn't need to go to rehab after all

It's been nearly two years since Amy Winehouse's death, and her brother, Alex, thinks everyone has it all wrong.

Alex says it was the tragic singer's bulimia that killed her, not drugs and alcohol.

"She suffered from bulimia very badly. That's not, like, a revelation. You knew just by looking at her," Alex tells the Guardian. "She would have died eventually, the way she was going, but what really killed her was the bulimia. Absolutely terrible."

GIVING YOU THE BEST IN EVERY WAY
NORTHLAND KIA
CALL: (866) 943-9416
THE SAVINGS END SATURDAY!
THE NEW 2014s ARE HERE.

ALL-NEW 2014 KIA FORTE LX+ K14014
OWN IT FROM $121 BIWEEKLY WITH $0 DOWN AT 0% APR
ALL-NEW 2014 KIA SORENTO LX K54017
OWN IT FROM $156 BI-WEEKLY WITH $0 DOWN AT 0% APR
GET A $750 LOYALTY BONUS!
ALL-NEW 2014 KIA RONDO LX K14008
OWN IT FROM $129 BI-WEEKLY WITH $0 DOWN AT 0% APR
KIA 2014 EARLY ARRIVALS EVENT
0% + PAY 60 DAYS FINANCING
5100 SHAGANAPPI TRAIL NW NEXT TO NORTHLAND MALL
www.NORTHLANDKIA.ca
KIA The Power to Surprise
PLEASE READ: ALL OFFERS OAC. ALL REBATES TO DEALER. ALL OFFERS INCLUDE FREIGHT, PDI AND FEES AND EXCLUDE GST AND AMVIC LICENSE FEE OF $6.25. 2014 RONDO/FORTE/SORENTO OFFERS BASED ON 60/84 MONTH TERMS AT 0/0/0%. OFFERS END 06/30/13. SEE DEALER FOR FULL DETAILS.

LIFE 3

Canada Day

Patriotic places in our great country

ON THE MOVE
Loren Christie
life@metronews.ca

I can't think of a more patriotic way to celebrate Canada's 146th birthday than by visiting one of our national parks and historic sites. Here are a few suggestions on places that have played a role in our country's development.

L'Anse Aux Meadows, near St. Anthony, N.L.
In 1960, Helge and Anne Stine Ingstad found the remains of a camp, which belonged to a small group of Norse sailors. Located at the tip of Newfoundland's Northern Peninsula, 433 kilometres north of Deer Lake, their discovery is still the oldest-known European settlement in the New World. Prepare to have any romantic notions of Vikings dispelled; a visit here will illuminate just how tough life would have been for these intrepid explorers.

Louisbourg, Cape Breton Island, N.S.
Dozens of staff dressed as soldiers, shop keepers and townsfolk add cultural colour to the bricks and mortar of the old fort. In its heyday it was a hub of power for the French in the New World. Eventually, the English squashed their hold on the region by overthrowing Louisbourg and forcefully expelling the peaceful French-speaking settlers, known as the Acadians, from the surrounding territories. As part of the fort's 300th anniversary celebrations in 2013, it will play host to a number of special events.

PARKS CANADA IS CELEBRATING CANADA DAY BY OFFERING FREE ADMISSION TO EVERY NATIONAL PARK, HISTORIC SITE AND MARINE CONSERVATION AREA IN THE COUNTRY.

Welcome to the city that always eats

New York. Recreate some classic movie scenes at these iconic restaurants

BRIA MARRIETTE
Metro World News in New York

Your favourite New York City restaurant may have served as the backdrop for your favourite film. Check out some of these places next time you're in the Big Apple.

Craft Restaurant
The Devil Wears Prada (2006)
Andy has dinner at the Tom Colicchio restaurant with her father, who expresses concerns about her career/living situation, and she gets an emergency call from her overbearing boss, Miranda. If you go to sample the star chef's greenmarket fare, hopefully your boss doesn't interrupt.
Getting there: 43 E. 19th St., 212-780-0880

Craft Restaurant is where Andy gets a call from her she-devil boss Miranda in The Devil Wears Prada. FLICKR

Sardi's
The Muppets Take Manhattan (1984)
Sardi's has been a favourite in the city for the past 90 years, so much so that the Italian restaurant managed to snag a central role in The Muppets Take Manhattan. Who could forget the scene where Kermit replaces Liza Minelli's picture with his own green face, much to her chagrin? You can enjoy a piece of childhood nostalgia by visiting Sardi's for classic dishes like steak tartar and cannelloni au gratin.
Getting there: 234 W. 44th St., 212-221-8440

It's not easy being green — but it's easy to have a drink at Sardi's. FLICKR

Lenny's Pizza
Saturday Night Fever (1977)
There's always been a debate as to where you can find the best New York pizza, and it looks like Lenny's Pizza might have a leg up on the competition after gaining national exposure in the classic disco film. The way Tony chows down on two slices as he strolls on 86th Street makes it hard to imagine there's a better tasting pizza in the city. You can still relive your memories from the '70s at Lenny's in Bensonhurst.
Getting there: 1969 86th St., Brooklyn, 718-946-1292

Pershing Square Cafe
Friends With Benefits (2011)
Jaime and Dylan agree to "start over" with their relationship at this East-Side-meets-West-Side eatery, parked right across from Grand Central, which boasts "the busiest and best breakfast in New York."
Getting there: 90 E. 42nd St., 212-286-9600

Cafe Lalo
You've Got Mail (1998)
Satisfy your sweet tooth at this Upper West Side coffee shop and dessert bar. The self-proclaimed "most famous café in NYC" was featured as the backdrop for a chance meeting between Tom Hanks and Meg Ryan's characters. Open till the wee hours of the morning, the European decor and quiet ambiance make a perfect setting for a first date.
Getting there: 201 W. 83rd St., 212-496-6031

The taste is orgasmic

When Harry Met Sally (1989)
Katz's Delicatessen 205 E. Houston St., 212-254-2246
Houston Street Eatery Katz's Deli has been a favourite of native New Yorkers since the early 20th century, but it wasn't until 1989 that the rest of the world caught a glimpse of the revered restaurant for the first time. A classic in every sense of the word, Katz's has a wide selection of traditional diner favourites from burgers to pastrami sandwiches.

ALL-IN PRICING!
SUMMER SAVINGS! FLY FROM CALGARY TO THE UK
$999 London Sep - Roundtrip INCLUDES ALL TAXES & FEES
$1249 Glasgow Sep - Roundtrip INCLUDES ALL TAXES & FEES
$1249 Manchester Sep - Roundtrip INCLUDES ALL TAXES & FEES
canadian affair
LEATHER SEATS • GENEROUS ECONOMY LEG ROOM • CHILD DISCOUNTS • CLUB CLASS • DIRECT FLIGHTS*
For details visit canadianaffair.ca or call 1-866-393-6654
One Way fr $499 Including all taxes/fees.
Prices are valid at the time of printing and valid for new bookings only. Departures from Calgary. Lowest fare shown & subject to availability. Flights with Air Transat. Prices include all taxes & surcharges. Fares are available for selected dates in June 2013. Terms & conditions apply. Reg in BC #2454. *Some direct flights require a touchdown, but not a change of planes.

That green giant has nothing on this scrumptious Bowl of Green Goodness

NICOLE MACPHERSON
yummymummyclub.ca

In warmer months, I long for greenery — both in my garden and on my plate. This Bowl of Green Goodness is full of nutrition, and it tastes like warm weather.

Thanks to the cashews and the quinoa, it is a perfectly balanced, protein-rich vegan meal, but I serve it with chicken sautéed in garlic and olive oil for my family.

It's also a meal that is delicious either hot or cold. I often make extras just so I can have it cold the next day.

Nutritional yeast is flakey, yellow and adds a cheese-like flavour to a dish. It can be found, along with raw cashews, in any health food store.

Ingredients

- 1/3 cup raw cashews
- 1/3 cup hot water
- 1 avocado
- 2 tbsp lemon juice
- 1/4 cup packed fresh basil
- 2 tsp nutritional yeast
- 1/4 tsp onion powder
- 1 clove garlic
- Sea salt and cracked black pepper to taste
- 1 1/2 cup quinoa
- 1 zucchini squash
- 1 large bunch asparagus
- 2 tsp olive oil

1. Soak the cashews in the hot water for 1-2 hours. Process in a food processor until semi-smooth.

2. Add half of the avocado and the lemon juice to the food processor, process until smooth. Add the basil, nutritional yeast, onion powder, garlic, salt, and pepper and process until very smooth.

3. Prepare quinoa according to package directions.

4. Meanwhile, pre-heat oven to 425 F. Slice the zucchini lengthwise and then into 1/4 inch thick pieces. Remove woody ends from the asparagus and slice into 2-inch pieces.

This vegan dish is delicious hot or cold. NICOLE MACPHERSON OF YUMMYMUMMYCLUB.CA

5. In a large bowl, toss zucchini and asparagus with olive oil. Arrange on a single layer on a rimmed baking sheet; roast in 425 F oven for 10 to 15 minutes.

6. Mix cooked quinoa, veg and dressing. Cube other half of the avocado and arrange it on top of the quinoa. **YUMMYMUMMYCLUB.CA IS AN ONLINE RESOURCE TO HELP WOMEN SURVIVE MOTHERHOOD.**

Drink of the Week

Alto Frizzante

Bubbling with fresh fruit flavours and a sparkling texture, this chic cocktail is light and sophisticated.

- 1.5 oz Belvedere Vodka
- 1/2 oz Limoncello
- 4 oz Prosecco
- Lemon zest for garnish

Shake together the Belvedere vodka and Limoncello.

Top with fizzy Prosecco in champagne flute.

Garnish with lemon zest.

COURTESY OF BELVEDERE VODKA

Lunch. Fiesta Quinoa Salad

NICOLE MACPHERSON
yummymummyclub.ca

1. Prepare quinoa according to package directions. Refrigerate until completely cooled.

2. Whisk together lime juice, olive oil, garlic, onion powder, cumin, sugar, salt and pepper.

3. Add chickpeas, black beans, and cherry tomatoes to the cooled quinoa. Pour dressing over top and combine well.

4. Stir in the cilantro and avocado just before serving.

YUMMYMUMMYCLUB.CA IS AN ONLINE RESOURCE TO HELP WOMEN SURVIVE MOTHERHOOD.

Ingredients

- 1 cup quinoa
- 1/3 cup lime juice
- 1/4 cup olive oil
- 1 clove garlic, crushed
- 1 1/2 tsp minced dehydrated onion or onion powder
- 1 tsp cumin
- 1/2 tsp sugar
- Sea salt and cracked pepper, to taste
- 1 cup canned chickpeas, rinsed and drained
- 1 cup canned black beans, rinsed and drained
- 1 pint cherry tomatoes, halved
- 1/2 cup cilantro, chopped
- 1 avocado, diced

Ancient grain gives healthy Tabbouleh even healthier kick

These days, more and more people seem to agree that this Middle Eastern salad of bulgur wheat tossed with cucumbers, tomatoes, herbs, olive oil and lemon juice is delicious.

So why would anyone want to mess with success? Because even though bulgur wheat — a whole grain that has been cracked and partially cooked — is healthier than white rice, quinoa is even healthier.

Ingredients

- 1 cup quinoa
- 1 1/4 cups vegetable broth
- 6 tbsp lemon juice, divided
- 2 cups halved cherry tomatoes
- Kosher salt
- 2 cups finely chopped seedless cucumber
- 3 scallions, finely chopped
- 1 clove garlic, minced
- 1/3 cup extra-virgin olive oil
- Black pepper
- 2 cups firmly packed fresh flat-leaf parsley, chopped
- 1 cup firmly packed fresh mint leaves, shredded

1. Using strainer, rinse and drain quinoa under cold water.

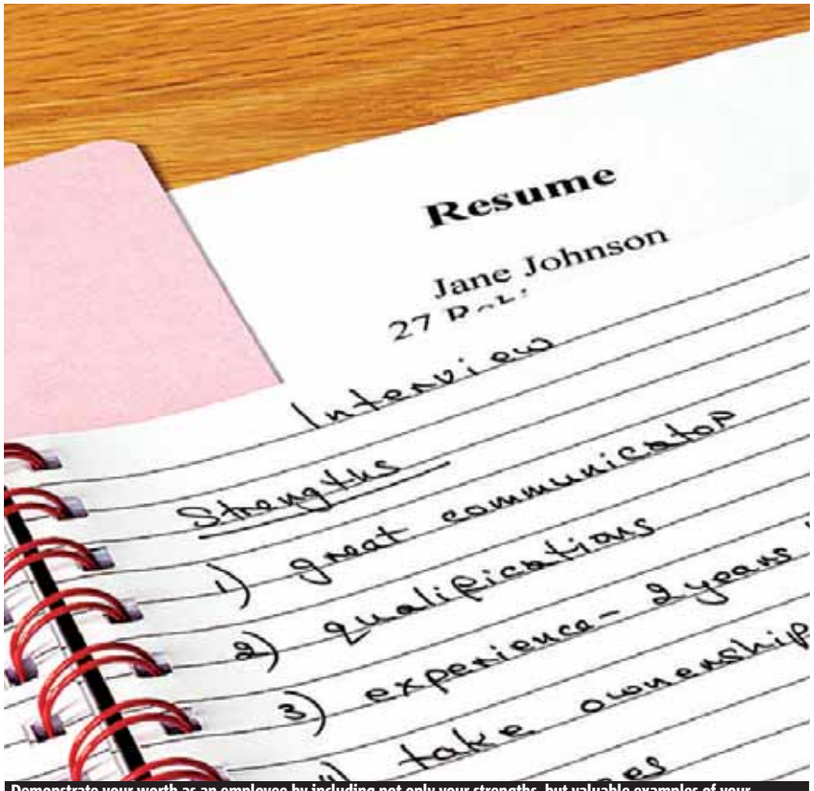
2. In saucepan over medium heat, combine quinoa, broth and 2 tablespoon of lemon juice. Bring to boil, then reduce to simmer, cover and cook until broth is absorbed, 13 minutes. When done, grains will appear soft and translucent, and germ ring will be visible along outside edge. Transfer to shallow platter and spread. Let cool.

3. Meanwhile, place tomatoes in mesh strainer. Sprinkle lightly with salt and set over sink to let drain for 10 minutes.

4. Once quinoa has cooled, transfer to serving bowl. Add drained tomatoes, cucumber, scallions, garlic, remaining 4 tablespoons of lemon juice and the oil. Season with salt and pepper to taste. Chill for at least 1 hour, or until ready to serve. Just before serving, stir in the parsley and mint.

THE ASSOCIATED PRESS/SARA MOULTON, AUTHOR OF SARA MOULTON'S EVERYDAY FAMILY DINNERS.

Stop, in the name of a relevant resumé



Demonstrate your worth as an employee by including not only your strengths, but valuable examples of your accomplishments as well. If you do make it to the interview, you will be able to expand on the examples at that time.
ISTOCK

Word alert. Replace the repetitive rhetoric with careful, concise communication

MICHELLE CIRCOSTA
TalentEgg.ca

Throughout the job application process you only have a few opportunities to make an impression.

Arguably the most important of these is making an impact with your resumé. The last thing you want to do in today's competitive job market is have a resumé that is plagued with empty and overused claims.

A survey of 1,300 senior managers by staffing firm OfficeTeam reveals some of the most over-used phrases on resumés include "highly qualified," "hard worker" and "team player," along with several others, outlined to the right.

If your resumé lacks specifics, it will surely go unnoticed. Anaar Dewjee, division director at OfficeTeam, shared her insight regarding the art of resumé writing.

One word that Dewjee can't stand to see on a resumé is "reliable." The problem with this type of descriptive word is that it describes behaviours that are impossible to showcase on a resumé.

Listing duties and/or adjectives also adds no value to your resumé. Most of that information can be inferred simply be reading the job title you've listed.

Accomplishments, on the other hand, are far more effective and in fact much easier to communicate. Use your accomplishments to highlight skills that are transferable to the position.

For students, writing a professional resumé can be especially tricky since many of us do not have much relevant experience. If this is the case, Dewjee recommends highlighting academic achievements, your area of specialization as well as your volunteer experience.

If you are active and involved in your school, that should be clearly demonstrated on your resumé. You may also consider including some of your own specific goals. Be sure to really highlight your energy, focus and drive.

The most important thing to remember when writing a resumé is that using adjectives to describe yourself will not entice an employer to pencil you in.

TALENTEGG.CA IS CANADA'S LEADING JOB SITE AND ONLINE CAREER RESOURCE FOR COLLEGE AND UNIVERSITY STUDENTS AND RECENT GRADUATES.

Work that Wite-Out

During a survey, senior managers were asked, "What is the most overused or meaningless phrase you see on resumés?" Below are some of their top responses, along with advice on how to give employers what they're really looking for on your resumé:

- **Highly qualified:** Describe what you bring to the role. Highlight your accomplishments in previous positions, emphasize your specific skills and note your education or other qualifications. Explain exactly how you've gone the extra mile.
- **Team player:** Working well with others is a must for any role today. Provide examples of how you partnered with classmates, fellow volunteers, colleagues or individuals in other departments to meet an objective.
- **Problem solver:** People love employees and colleagues who can help them get out of a pickle, but be specific when you describe this quality. Highlight a difficult situation you encountered and how you handled it.
- **Flexible:** Hiring managers seek candidates who can adapt quickly to new situations. Describe how you responded to a major change at work or dealt with the unpredictable aspects of your job.
- **Self-starter:** Companies seek individuals with initiative who can contribute immediately. Show how you took action when you saw an issue that needed to be fixed.

You want a **Brighter** future.
We're a **Career College!**

BUSINESS • HEALTHCARE • TECHNOLOGY

Call Us or Visit our Website

Academy OF LEARNING CAREER COLLEGE
www.academyoflearning.ab.ca

CALGARY NORTH EAST (403) 569-8973
CALGARY SOUTH (403) 252-8973
RED DEER (403) 347-6676

Right Training, Wrong Job?
IAF LOANS FOR IMMIGRANTS
help pay for courses and exams so you can do the work in Canada you once did abroad.

WWW.IAFCANADA.ORG/LOANS
1-855-423-2262

Immigrant Access Fund IAF

55/45 Sale
WE PAY 55% YOU PAY 45%
RENFREW 77 Years
YOUR DOWNTOWN CHRYSLER CONNECTION
PLUS PURCHASE ANY USED VEHICLE & RECIEVE
3 FREE OIL CHANGES & STAMPEDE PASSES!

Talk back

@TalentEgg: #QuestionoftheDay: How do you unwind after an especially long or tough day (at work or school)?

- **@SamBoucher24:** sweatpants and a glass of wine! #questionoftheday
- **@Recruit_Campus:** A long run!!!
- **@Shannon4RBC:** Dogs always find a way to make the worst days eggcellent :)
- **@ShabShah:** the best way possible: hot shower, then bed early (Unless it's been a frustrating day too, in that case I go to the gym).
- **@megsgreaves:** curl up with a cup of tea and my favourite show! #questionoftheday
- **@Liam_Duff1:** a long run or a visit to the gym, sometimes both depending on crazy the day has been! #QuestionoftheDay

A closer look: When choosing a new hire, employers often search for assurance that what you're presenting on your resumé is credible. Have a few reviewable resources available. ISTOCK

Walking the walk is key in today's work search

What employers are looking for in new hires. Hint: It's more than just a simple piece of paper

MEGHAN GREAVES
TalentEgg.ca

If you're a member of Gen Y, you know that the job market is competitive. There are more students, more grads and more highly-educated individuals on the job hunt than ever. This can make it difficult to hatch your career and stand out amongst fellow graduates

Employers are now looking for candidates who have qualities that complement their "piece of paper" (and no you don't need to spend more money to get them).

Here are three things that employers are looking for in a new hire to keep in mind for your job hunt.

Enthusiasm and initiative

Employers are always looking for candidates who are willing to go the extra mile. During the application and interview process, you can do this by following up on your application or adding in something unique. To an employer, this shows that you actually want the job and are motivated to get it.

Relevant experience

Having previous related experience often makes it or breaks it during the hiring process for an employer.

Related experience can come in many different forms and doesn't always have to be the exact same role you're being hired for, such as a part-time job where you developed skills that will be beneficial for the role you're applying for, volunteer work, or projects you were a part of during school.

You'd be surprised at the number of skills you've developed during school that stand out to an employer.

Back it up!

References and testimonials

- References and testimonials are great things to include in your application as they support what you're presenting on your resumé.
- Depending on the role you're applying for, you can include brief testimonials as a part of your resumé.
- Another option is including the link to your online professional profile (i.e., LinkedIn) where an employer can read recommendations and references from others.

TALENTEGG.CA IS CANADA'S LEADING JOB SITE AND ONLINE CAREER RESOURCE FOR COLLEGE AND UNIVERSITY STUDENTS AND RECENT GRADUATES.

Experiencing graditude

I'd like to thank... As you head out on your path, make it a habit of acknowledging those who've helped you along the way

CLARE TATTERSALL
TalentEgg.ca

During convocation day at Western University last week, I spent the day watching our lovely students with faces bright and full of pride parade around in their black gowns. As I stood at the back of the room witnessing the closure of their years of study, I wondered what was running through their minds.

Do they feel full of hope? Do they feel full of potential? I sure hope they do, and not just in that moment, but in the days, weeks, months and years that follow.

Later in the week, I Googled the top convocation speeches of all time. As I listened to the seemingly endless words of wisdom and optimism that flood convocation halls at this time of year, I became a little cynical.

So many of them focus on the idea that you can do anything, don't let anything stand in your way, follow your dreams…

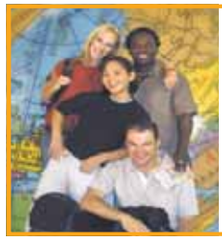
Although I too want students to be determined and persevere, it was in a much humbler act that I found my insight for this article.

When I was gathered on the lawn with our graduates, I ran into a particularly lovely and successful student. She had a handful of thank-you cards that she had carefully prepared and thoughtfully written for the occasion. She handed me a card and the message inside was so full of honest and generous gratitude that I felt a rush of warmth.

On a day that is all about her accomplishments, she had likely spent hours thinking about others and the parts that they have played in her success.

To experience persistent and overwhelming gratitude, that is my hope for our graduates. You lose nothing by acknowledging the contributions of others. In fact, the greatest leaders I have known are the ones who happily admit that they could not have done it alone.

THE GREATEST CLUB SINCE "SANDWICH"
JOIN CLUB METRO TODAY!
CLUBMETRO.COM
club metro



Adventure!
Teach English Overseas
> TESOL Certified in 5 Days
> In-Class or Online
> No Degree Required!
1.888.270.2941
Job Guaranteed!
Next in-class course: Aug 24th - 28th, 2013
Next Seminar: July 16th, 2013 @ 7pm
Travelodge University Hotel - 2227 Banff Trail NW
www.globaltesol.com
GLOBAL TESOL COLLEGE

BECOME A
HEALTH CARE AIDE
IN LESS THAN 5 MONTHS!
A GREAT SCHOOL FOR A REWARDING CAREER!

11 CERTIFICATE PROGRAM INCLUDING
• Government of Alberta Health Care Aide
• St. Johns Ambulance (First aid, CPR, Automated External Defibrillator)
• Supportive Pathways, Foot Care, Diabetes, Medication Administration, Food Safe, WHIMIS, Palliative Care
• 3 Clinical Placements (Hospital placements available)

"Taking this course made one of my dreams come true. I became a part of the nursing team at Foothills Hospital. I am very grateful to have attended ABES. The staff are great and very supportive. I will definitely recommend them to everybody." - ABES HCA GRADUATE

PLUS REDUCED TUITION FEES IN EFFECT!
CALL TODAY 403.232.8758
Abes
www.abes.ca

NEW CAR SELECTION

RENFR
CHRYSLER Je
YOUR DOWNTOWN CHRYSLER C

UNBELIEVABLE BUT TRUE

WE PAY 55%

55/45 Sale

YOU PAY 45%

0% DOWN PAYMENT

VEGAS
FREE TRIP FOR 2 HOTEL & AIRFARE

UP TO $10,000 CASH BACK

2013 RAM 1500 4X4 SLT

#130827 INCLUDES FREIGHT AND ALL FEES

Sale PRICE **$33,988**

Was ~~$195~~ Now **$87**/BW

RENFREW'S RAPID LUBE

NO APPOINTMENT NECESSARY

SERVICE INCLUDES

- UP TO 5 LITERS OF GENUINE MOPAR OIL
- MOPAR OIL FILTER
- ROTATION OF 4 TIRES
- FREE WINTER TIRE STORAGE FOR THE FIRST SEASON
- FREE 4L WASHER FLD
- PEACE OF MIND INSPECTION OF COOLING SYSTEM, ALL FLUID LEVELS, ELECTRONIC BATTERY TEST, FRONT AND REAR BRAKE SYSTEMS, EXHAUST SYSTEM AND SUSPENSION SYSTEM
- PROVIDE WRITTEN REPORT-MANUFACTURES CHECK

$69.95
V6 $74.95
HEMI $79.95

Hemi Environmental handling charges may apply Additional chargers may be applied based on vehicle configuration and potions Synthetic/semi-synthetic oil and fluid disposal. available at additional cost.

2012 RAM 2500 4X4 DIESEL SLT

INCLUDES FREIGHT AND ALL FEES #121800

Sale PRICE **$49,988**

Was ~~$293~~ Now **$131**/BW

2013 GRAND CARAVAN SXT

INCLUDES FREIGHT AND ALL FEES #130841

Sale PRICE **$26,788**

Was ~~$153~~ Now **$68**/BW

2013 GRAND CHEROKEE OVERLAND

INCLUDES FREIGHT AND ALL FEES #130459

Sale PRICE **$48,988**

Was ~~$281~~ Now **$126**/BW

2012 WRANGLER JK8 PICKUP

INCLUDES FREIGHT AND ALL FEES #121324

Sale PRICE **$52,499**

Was ~~$309~~ Now **$139**/BW

2013 DODGE DART SXT

INCLUDES FREIGHT AND ALL FEES #130788

Sale PRICE **$19,988**

Was ~~$112~~ Now **$49**/BW

2014 GRAND CHEROKEE SRT 8

INCLUDES FREIGHT AND ALL FEES

IN STOCK CALL FOR DETAILS

RENFREW
DODGE CHRYSLER Jeep RAM FIAT
YOUR DOWNTOWN CHRYSLER CONNECTION

77 Years

1.888.861.7964

1920 Bow Trail SW
AT THE PUMPHOUSE EXIT

AMVIC Alberta Motor Vehicle Industry Council

RENFREWCHRYSLER.COM

TRADES NEEDED - PAID OR NOT!

PROUDLY SERVING ALBERTANS FOR OVER 77 YEARS!

REW 77 Years
CONNECTION

USED CAR SELECTION

OIL CHANGES

FIRST THREE FREE
WITH EVERY PRE-OWNED PURCHASE

STAMPEDE PASSES

WHILE SUPPLIES LAST OR UNTIL JUNE 30TH

VALID ON PRE-OWNED PURCHASE ONLY. SEE DEALER FOR COMPLETE DETAILS. NO CASH VALUE.

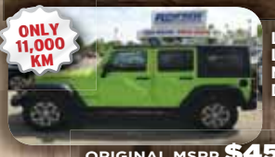
UNDER 1200 KM

2013 #10940 RAM LARAMIE CREW CAB

FULLY LOADED WITH:
- Air Lift Suspension
- Navigation
- Sunroof
- Leather
- Heated and cooling seats
- Ram Box

ORIGINAL MSRP $61,115
Sale PRICE
$49,888
$319/BW

2013 JEEP WRANGLER ULTD RUBICON #10938



LEMON LIME PAINT!
LEATHER INTERIOR
NAVIGATION
DUAL TOP GROUP

ORIGINAL MSRP $45,475
NOW ONLY $39,888
$259/BW

2013 DODGE DURANGO R/T AWD #10939

5.7L- V8
NAVIGATION, DVD SUNROOF, 2ND ROW CAPTAIN'S CHAIRS, AND MORE!

NOW ONLY $47,888
$309/BW

2013 TOWN AND COUNTRY LTD #10937

3.6L V6 , ONLY 12,000 KM
NAVIGATION
LEATHER, SUNROOF
2 DVD'S , POWER DOORS

ORIGINAL MSRP $53,440
NOW ONLY $39,888
$289/BW

2012 JEEP CHEROKEE SRT-8 #140018A

6.8L V8
ONLY 20,000 KM
PANORAMIC SUNROOF
NAVIGATION

NOW ONLY $57,888
$415/BW

2012 CHRYSLER 300 TOURING

#10676
PENTASTAR V6
NOW ONLY $20,888
$155/BW

2012 JEEP GRAND CHEROKEE LAREDO X

#10935
PAN SUNROOF, LEATHER
NOW ONLY $33,888
$245/BW

2012 CHRYSLER TOWN AND COUNTRY

#10810
SATELITE NAV, SUNROOF
NOW ONLY $25,888
$189/BW

2012 RAM 1500 SLT 4X4

#10927
HEMI
NOW ONLY $25,888
$189/BW

AUTOLOANCALGARY.CA

Free Car Loan Consulting
Call or Text Raymond @ 403-816-6141
Apply online www.autoloanscalgary.ca
SECURE APPLICATION

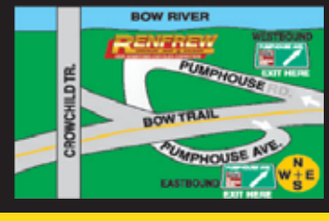
CALL TODAY | OPEN

MONDAY - THURSDAY 7:30AM - 9:00PM
FRIDAY 7:30AM - 5:30PM
SATURDAY 9:00AM - 5:30PM

SIRIUS SATELLITE RADIO

NEW All payments based on 96 month finance amortization term. Rebate to dealer. 4.49% to 4.99% OAC. 45% of payment based on 6 months bi-weekly & for the remaining term the payment is 100%. EG – 2013 Dodge dart - $49 B/W plus GST for 6 months & for the remaining term $112 plus GST. Some offers may not be combined. Advertised vehicles may not be exactly as illustrated.

USED *See dealer for details. Payments are based on $0 down and a 96 month term, see dealer for complete details.



TOP DOLLAR FOR TRADES! YES WE CAN FINANCE EVERYONE! 100% FINANCING AVAILABLE!

55/45 Sale
WE PAY 55%
YOU PAY 45%
RENFREW 77 Years
YOUR DOWNTOWN CHRYSLER CONNECTION
PLUS PURCHASE ANY USED VEHICLE & RECIEVE
3 FREE OIL CHANGES & STAMPEDE PASSES!

IBS: TRIGGER FOODS AND TIPS

COMMON ISSUE CAN BE HELPED

Even though an estimated five million Canadians suffer from it, there's not a great deal of chat about it — Irritable Bowel Syndrome (IBS).

Although the symptoms will vary from person to person, IBS is generally characterized by abdominal pain or discomfort, and altered bowel habit (i.e., chronic or recurrent diarrhea, constipation, or both). No wonder no one talks about it.

If you suspect that you have IBS, there are certain foods that might be best for you to avoid. Of course, it's important to remember that everyone is different, and what affects one person (e.g., lactose) might not be a trigger for someone else.

- Fatty and fried foods (e.g., pizza, fries)
- Dairy products (lactose)

AJA/VEER

- Raw fruit
- Carbonated beverages
- Alcoholic drinks
- Nuts and seeds
- Coffee
- Spicy foods

One of the best ways to manage IBS symptoms is through diet. eHow Health shares dietary practices you might consider following:

- Increase dietary fibre with foods such as whole-grain breads and cereals, fruits and most vegetables
- Avoid large meals, which cause the bowel to become overly distended and hyperactive.
- Stay away from high-fat foods. Fat is a strong stimulus of the colonic contractions that aggravate the irritability of the bowel.
- Avoid gas-forming foods, such as beans and cruciferous vegetables (cabbage, broccoli, cauliflower, radishes, turnips and brussels sprouts)
- Avoid apple and grape juice if you suffer from a great deal of flatulence; also pass up the chocolate, caffeine, alcohol and sorbitol (an artificial sweetener)

Although diet plays a critical role in battling IBS symptoms, there are other strategies that are also important. According to the Canadian Digestive Health Foundation, exercise can help reduce stress and promote movement of the colon.

If you think you might have IBS, an important first step to feeling better is consulting with your doctor — he or she won't be embarrassed to talk about it.

COLD IN THE SUMMER?

Coughing, sneezing, sniffling, sore throat. Sure, everything might be pointing to seasonal allergies, except this time, it's not the pollen in the air — it's a dastardly summer cold in your system. If you think colds are reserved for winter months, you're wrong.

Not unlike their winter cousins, many summer colds are caused by viruses and often produce unpleasant symptoms such as a sore throat, persistent cough, nasal congestion and sinus pressure, as well as the occasional fever or headache.

What can you do to stave off the sniffles this summer? Try popping some probiotic supplements or eating some probiotic-rich foods.

Mother Nature's truest form of antibiotics, probiotics are friendly bacteria in our gut that we need for good health and vitality — and keeping harmful germs from moving in and making themselves at home in your body. The word probiotic actually means "for life."

GETTING MORE PROBIOTICS INTO YOUR SYSTEM

There are a couple of ways to get more probiotics into your system – manufactured supplements and food. Here are some probiotic-rich foods you might want to try:

- **Yogurt** – Choose yogurts that have natural ingredients and say "live and active cultures"
- **Kefir** – This dairy product is a unique combination of goat's milk and fermented kefir grains
- **Miso soup** – You'll find this tofu and vegetable broth soup at Japanese restaurants and Asian grocery stores
- **Pickles and sauerkraut** – Look for brine-cured pickles that don't contain vinegar
- **Kimchi** – This traditional Korean dish of fermented seasoned cabbage is packed with probiotics

Last, but not least, if you're serious about boosting your probiotic intake, visit your pharmacy or local health food store where you'll find supplements available in a range of forms, including powder, tablet, liquid, and capsule.

WHAT ARE PREBIOTICS VS. PROBIOTICS?

Prebiotics are non-digestible foods that enter our colons unaltered by the digestive process, serving as an energy and growth source for the beneficial bacteria that live in our large intestine. In other words, prebiotics are food for the probiotics in your intestines.

STOCKSNAPPER/VEER

FRUITS FINE — IN MODERATION

In the summertime, colourful and tasty fresh fruit and vegetables are readily available at grocery stores, roadside stands and farmer markets.

While "fresh is good for our body, ingesting fibre-filled fruit and veggies can lead to digestive woes." says dietary consultant Shirley Plant and author of the dietary guide and cookbook, Finally ... Food I Can Eat.

"Increasing your intake of fibre through seasonal fruits and vegetables can result in tummy issues. The spike in fiber can upset the bacteria that live in your gut, resulting in indigestion problems."

TOO MUCH FIBRE?

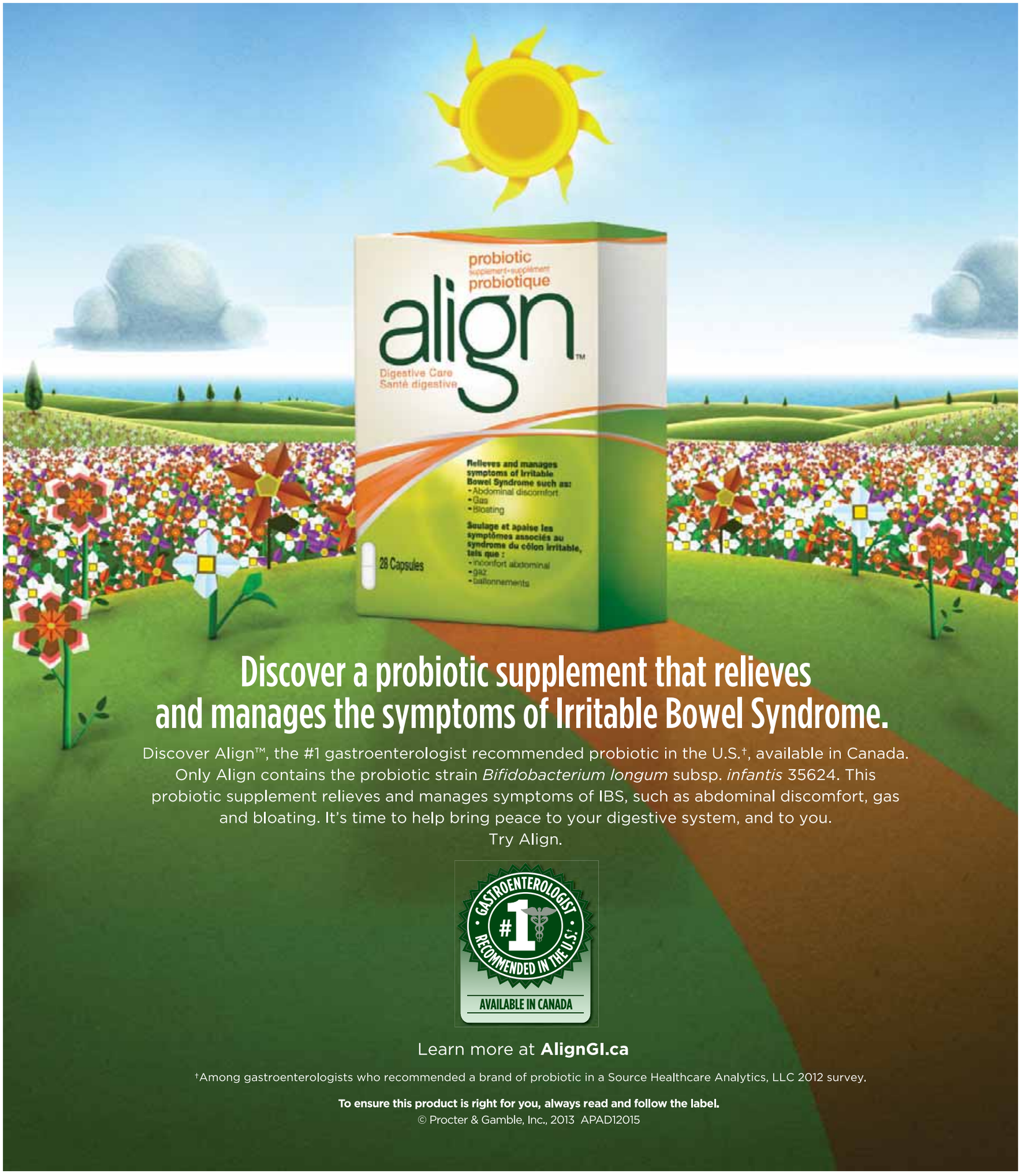
According to LiveStrong.com, when fibre is consumed, it moves through the body's digestive tract virtually intact. As a result, the fibre acts as a sort of "broom," helping to sweep wastes through the intestines for excretion. Although this would generally be considered beneficial, too much fiber might cause gastrointestinal distress, including excess gas, bloating and diarrhea.

KEEP INDIGESTION AT BAY

"It is important to have a healthy gut flora in the first place and taking probiotics can help," says Plant. "The healthier your gut, the less symptoms you will have. Taking a zinc supplement can also help keep your immune system and gut healthy."

When it comes to eating fruit, moderation is important. Spread your fibre consumption throughout the day to avoid digestive issues.

Keep your diet balanced. Make sure that you include proteins, grains, dairy products and healthy fats and oils as part of your daily diet.



Discover a probiotic supplement that relieves and manages the symptoms of Irritable Bowel Syndrome.

Discover Align™, the #1 gastroenterologist recommended probiotic in the U.S.†, available in Canada. Only Align contains the probiotic strain *Bifidobacterium longum* subsp. *infantis* 35624. This probiotic supplement relieves and manages symptoms of IBS, such as abdominal discomfort, gas and bloating. It's time to help bring peace to your digestive system, and to you.
Try Align.

GASTROENTEROLOGIST #1 RECOMMENDED IN THE U.S.†
AVAILABLE IN CANADA

Learn more at **AlignGI.ca**

†Among gastroenterologists who recommended a brand of probiotic in a Source Healthcare Analytics, LLC 2012 survey.

To ensure this product is right for you, always read and follow the label.

© Procter & Gamble, Inc., 2013 APAD12015

BREAKFAST WITH A FIBRE BOOST

It's a sure sign of spring when the first bunches of Canadian asparagus appear at the neighbourhood market.

Local produce is the freshest you can buy and is always a healthy, nutritious choice. Adding freshly picked, locally grown asparagus into your breakfast or brunch is a simple, unexpected way to energize your body with essential vitamins and minerals and start the day off right.

Fibre is also an essential nutrient and a vital part of healthy eating. Did you know that one slice of bread contains as much fibre as one cup of asparagus? Sufficient fibre helps you maintain a healthy weight as it keeps you feeling full longer without adding extra calories.

This eggs benedict recipe, with asparagus and whole grains, is high in fibre and uses fresh, locally grown produce has everything you want to get you going in the morning.

NEWS CANADA

CENTURY GRAIN ASPARAGUS BENEDICT

Prep Time: 30 minutes

Total Time: 35 minutes

Serves: 6

INGREDIENTS

- 1 (56 g) package dry hollandaise sauce mix
- 24-30 asparagus spears
- 6 eggs
- 1 tbsp (15 mL) White vinegar
- 6 slices Dempster's WholeGrains 100 per cent Canadian Century Grains Bread, toasted
- 6 slices swiss cheese
- 12 slices Schneiders Peameal Style Bacon, cooked as per package directions
- Salt and pepper

DIRECTIONS

Cook hollandaise sauce according to package directions. Keep warm.

Blanch asparagus in boiling water until tender crisp about, about 2-3 minutes. Set aside.

Bring a large pot of water to a boil. Lower heat to keep water just simmering. Stir in vinegar. Working one egg at a time, crack into a small cup and gently drop into the simmering water. Once all eggs have been added to the pot, cook until desired doneness, about 3-4 minutes for medium poached. Remove eggs from pot with a slotted spoon.

Place 2 slices of peameal bacon on each slice of toast, top with a slice of cheese, a layer of blanched asparagus, and a poached egg.

Drizzle with desired amount of hollandaise sauce and season with salt and pepper. Serve immediately.

- News Canada

MANAGING A SUMMER DIET

KEEP TRACK OF CALORIES AND ALCOHOL INTAKE

We wait so long for summer and its mild days and brilliant rays that it's no wonder we want to take advantage of every moment.

So we do — on vacation trips, at backyard barbecues, at pool parties, and on the outdoor patios that are synonymous with summer.

Yes, summer is the ultimate social season, which means it's also a time for eating and drinking more than we usually do. After all, who's going to turn down a tasty cold beverage on a sweltering summer day?

If you want to manage your caloric intake and take control over what you're eating, here are some tips that can help.

RESTAURANT EATING

When you go out for lunch or dinner, trade in fried finger foods, nachos and pizza, for healthier choices such salads, veggies and low-fat dip. Most restaurants now offer "healthy" low-fat, higher-fiber menu options. For a more substantial meal, consider adding a protein such as shrimp, chicken or beef to your salad.

IT HAS HOW MANY CALORIES?

- An average serving of white table wine can add up to about 121 calories.
- A bottle of regular beer contains about 148 calories (light beer is about 100 calories).
- The average pina colada has 644 calories.

BACKYARD BARBECUE

If you're hosting the party, make sure you serve some healthy dishes that include fresh fruit and vegetables. If you're on the guest side of things, offer to bring a dish or two — your hosts will be delighted and you'll be able control what you're eating. You can also control the amount of alcohol you consume by bringing your own beverage to the festivities.

YELENA KOVALENKO/VEER

ON THE ROAD

When you're enroute to your vacation destination, it's the easiest thing in the world to grab some fast-food, or stop at a diner. Not great for your waistline or your digestive system. Avoid the grease and the calories, by making your own snacks and lunches home and packing them in a cooler bag. Or, stop by a grocery store and pick up some convenient prepared foods.

3 BENEFITS.
1 MULTIHEALTH FIBRE.

- ✓ **Helps lower cholesterol levels* to promote heart health**
- ✓ **Promotes digestive health****
- ✓ **Boosts daily fibre intake**

*Lowers mildly to moderately elevated cholesterol levels when taken with a low-fat diet
**By relieving irregularity

To ensure this product is right for you, always read and follow the label.

SCAN HERE TO SEE HOW THE PSYLLIUM FIBRE IN METAMUCIL DELIVERS THESE BENEFITS

When you scan this bar code, the terms, conditions and privacy policy of the bar code reader that you select will apply.

† Source Health Care Analytics, 2012. © 2013 P&G

TIPS FOR A HAPPY, HEALTHY TUMMY

PROTECT YOURSELF DURING SUMMER'S FUN ACTIVITIES

Warmer days and nights make summer the perfect time for family barbecues, road trips, camping and many more enjoyable outdoor activities — most of which include food.

To keep your stomach happy and healthy during the summer months, consider following these tips:

• Always wash your hands with soap and warm water before and after you eat. It's amazing how many germs your hands can pick up during the day and you definitely want to prevent them transferring them to anything you ingest.

• Never "grab a bite" from an unfamiliar roadside stand. You have no way of knowing how fresh items (no best-before dates) are or even if they've been refrigerated properly. You're better off to prepare healthy meals at home, and store them in a tightly sealed cooler.

• Purify the water if you go camping. Unless campground officially tells you that that the water on the property is safe to drink, you use use one of three purification methods — a filter, chemical tablets, or boiling.

YURI ARCURS/VEER

• In summer, drink plenty of water during the day time. Increase your intake of certain fruits that contain high amount of water including mango, watermelon, and grapes.

• Add probiotics to your diet. Probiotics are healthy bacteria that help improve the digestion and absorption of the food. You can increase probiotics naturally through food such as yogurt or by taking manufactured probiotics (available at natural food stores).

• It almost goes without saying but remember to keep food refrigerated. Illness-causing bacteria can grow in perishable foods within two hours unless you refrigerate them.

When it comes to stomach health in the summer, the best rule of thumb is good old fashion common sense.

COMING CLEAN ON HAND WASHING

Only 50 per cent of consumers reported washing their hands for 20 seconds, before and after handling food. Clean hands and surfaces often to reduce the risk of foodborne illness. (Source: Canadian Partnership for Consumer Food Safety Education.)

RUNNING FOR THE BATHROOM?

EMBARRASSING AND INCONVENIENT, AVOID THE 'RUNS'

Summer is here — the ideal time for being outside and enjoying the sunshine.

It's also a season for switching up our diet with different foods and beverages, which can wreak havoc with our digestive systems, including causing occasional bouts of diarrhea.

Embarrassing, inconvenient and definitely something to be avoided, diarrhea or the "runs" can put a damper of summertime fun and make even the thought of a road trip excruciating.

Diarrhea, from the Greek word, "diarrhoia" meaning "a flowing through," occurs when something disrupts the routine in your digestive system.

Loose bowel motions or diarrhea happens when semi-digested food is eliminated from the body too soon for nutrients to be absorbed. Sometimes referred to as intestinal flu, diarrhea is usually caused by a virus in the bowel and generally lasts two or three days.

According to dietary consultant Shirley Plant and author of the dietary guide and cookbook, Finally… Food I Can Eat, summertime is ripe for tummy troubles such as diarrhea.

"The healthier your gut, the fewer symptoms you'll have," says Plant, who offers up these tips for tummy troubles:

• Taking a zinc supplement can help keep your immune system and gut healthy.

• Increasing the amount of water you drink as well when consuming more fresh fruits and vegetables as it will help with digesting the extra fibre.

• For acute attacks of diarrhea, consuming a liquid diet of healthy beef or chicken broth, lemon juice in water with a little sea salt can help replace the electrolytes you've lost.

NANKA (KUCHERENKO OLENA)/VEER

• If you need something to settle your stomach, try raw ginger tea — a soothing and a natural inflammatory. Simply steep a few pieces peeled raw ginger in boiling water in of for 10 minutes, then add a little lemon juice and honey for an extra bit of flavour.

For more information on digestive disorders, a great resource is the Canadian Digestive Health Foundation website at cdhf.ca.

The Power of PEPTO

now in your pocket.

Relief of heartburn, indigestion, nausea, upset stomach and diarrhea. To make sure this product is right for you, always read and follow indications.

© Procter & Gamble, Inc., 2013 PHC-12284

WAVEBREAKMEDIAMICRRO/VEER

PUT SUMMER SLEEPING ISSUES TO BED

Longer days, higher humidity and hot summer nights can sometimes disrupt our sleep and prevent us from getting those all-important zzzzz's we need to keep us energized.

And, repeated loss of sleep can affect all areas of your life, including your physical, mental, and emotional well-being.

If you are a summertime sleep sufferer, don't despair, there are things you can do to make sure that when the alarm sounds in the morning, you're ready to embrace the day.

BANISH THE HEAT AND HUMIDITY

To fight fitful bouts of sleep, consider buying low-noise bladeless fan or investing in a portable environmentally friendly air conditioner. Air conditioning units offer the dual benefits of cooling and dehumidifying at the same time.

STAY ON SCHEDULE

With more hours of daylight and warmer weather, your summertime activities might be causing you to have a crazy sleep schedule. While you want to get the most of summer, remember to keep your make sure you go to bed and wake up at the same time each day.

EXPLORE HERBAL REMEDIES

Visit your neighbourhood health food store for advice on herbal remedies or natural supplements such as melatonin, hops, magnesium and calcium.

And don't forget — when taken together, magnesium and calcium become even more effective; the magnesium cancels out any potential heart problems that might arise from taking calcium alone.

THE SPA TREATMENT

A warm bath one or two hours before you turn in may help you relax and feel drowsy. Add some aroma therapy oils such as chamomile, lavender or ylang-ylang to create an even more relaxing bath time. Listen to some soft music to reduce stress and calm your mind.

Some final words of advice for you — if peaceful slumber continues to elude you, it could be a symptom of a more serious medical condition that may require you to contact your doctor.

WAYS THAT SUMMER CAN ROB YOU OF REST

LIGHT, NOISE, HEAT CAN AFFECT SLEEP

If you're thinking of catching up on your beauty sleep this summer, you should be aware of some of the ways that the season could affect your slumber.

From rising temperatures and extended daylight to annoying pollen allergies, summer could have you rethinking your sleeping strategy.

MORE LIGHT

In the summer we like to make the most of the extra hours of daylight we have summertime. But the extended daylight can come at a cost. Since light naturally encourages your body to be wakeful, you might want to invest in some darker shades or drapes.

SUMMER ALLERGIES

Pollen is the biggest culprit of summer allergies, with grasses and weeds being particularly bad. Allergy symptoms affect sleep dramatically — and lack of sleep can actually make your allergies worse. If problems persist, ask your doctor to refer you to an allergist.

HIGHER TEMPERATURES

When the mercury soars, do you find yourself tossing and turning in bed? If you do, you're not alone. Heat often acts as a stimulant rather than a relaxant. To avoid sleeplessness brought on by heat, determine the night-time temperature that works for you and program the thermostat accordingly.

INCREASED NOISE

On nice summer nights we often want to keep our windows open and let in some nice fresh air. Unfortunately, along with the fresh air comes the noise. Outdoor parties that extend far into the night can keep you awake well into the wee hours. If noise is a problem, earplugs or a white noise machine might help.

QUICK COOL TIP

If nighttime heat is robbing you of sleep, run your wrists under a cold tap. Your wrists and the inside of your arms are areas where your blood stream flows closest to the surface of your body. Running them under cold water for a minute will cool your blood down, making your whole body cooler.

If you're interested in learning more about sleep, including sleep disorders and research, and also where to find sleep medicine clinics in Canada, visit the Canadian Sleep Society at canadiansleep-society.ca.

INTRODUCING ZzzQuil™ SLEEP-AID.

BECAUSE SLEEP IS A BEAUTIFUL THING.™

It's not for colds.
It's not for pain.
It's just to help you fall asleep,
so you can wake refreshed.
The sleep-aid
from the makers
of NyQuil.®

Indicated for relief of occasional sleeplessness. To ensure this product is right for you always read and follow the label. Keep all medicines out of the reach of children.

© Procter & Gamble, Inc., 2013

VICKS®

Milos Raonic returns the ball to Carlos Berlocq during their first-round Wimbledon match in London on Tuesday. KIRSTY WIGGLESWORTH/THE ASSOCIATED PRESS

Raonic finds his footing on grass

Wimbledon. No. 17 seed smashes through first round with straight-sets win

Milos Raonic capped an impressive start by Canadian players at Wimbledon with a straight-sets victory over Argentina's Carlos Berlocq on Tuesday at the All-England Club.

Raonic, the No. 17 seed from Thornhill, needed less than two hours to complete the 6-4, 6-3, 6-3 win to become the fourth Canadian to reach the second round at the Grand Slam event this week.

It has been 25 years since four Canadians won first-round singles matches at the same major. Sebastien Lareau, Daniel Nestor, Sonya Jeyaseelan and Jana Nejedly last accomplished the feat at the Australian Open in 1988.

Raonic, who has struggled of late to get his grass-court game in form, said he was happy with the way he played Tuesday.

"My game feels a lot better than last week," Raonic said. "We worked on a lot of things. Also, this is a grand slam and you bite down harder."

The 22-year-old had 19 aces and just 18 unforced errors in the match.

"I kept the pressure on (Berlocq) the whole time," Raonic said. "I'm feeling much more comfortable on grass. I've had moments in the past when I doubted myself, but I'm playing with more peace and confidence."

Raonic's next opponent will be Igor Sijsling of the Netherlands, who beat American Alex Kuznetsov 6-3, 6-4, 6-4.

Ottawa's Jesse Levine also won his opening match Tuesday, a day after Vancouver's Vasek Pospisil and Montreal's Eugenie Bouchard posted victories. THE CANADIAN PRESS

Big names bring A games

Top-ranked Novak Djokovic also opened his campaign with a straight-sets victory, beating Florian Mayer of Germany 6-3, 7-5, 6-4.

- On the women's side, Serena Williams looked every bit the five-time champion as she began her Wimbledon title defence with a routine 6-1, 6-3 victory over Mandy Minella of Luxembourg.

THE ASSOCIATED PRESS

NHL. Flames say they're not Finnished with Kipper yet

The Calgary Flames say they are not ready to give up on goaltender Miikka Kiprusoff just yet.

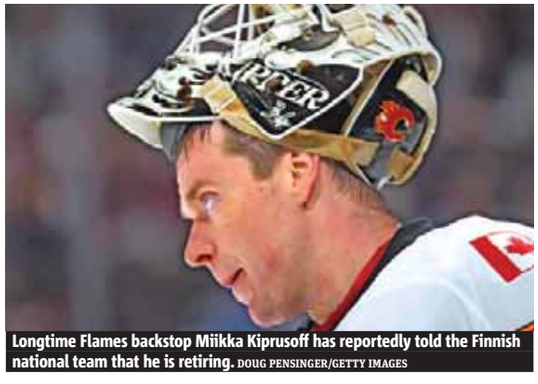
Kiprusoff has reportedly told the Finnish national team that he has retired, according to media reports that surfaced in Finland on Tuesday.

But Flames general manager Jay Feaster said in a statement that the team is still trying to persuade Kiprusoff to come back for another NHL season.

"In light of our most recent meeting with him, the statement attributed to him by the Finnish National Team does not come as a surprise. However, as we have said consistently, we will continue our dialogue with Miikka," Feaster said.

The 36-year-old goaltender has spent the last nine seasons with the Flames, helping them reach the Stanley Cup final in 2004. He won the Vezina Trophy in the 2005-'06 season.

In 623 career regular-season games with the Flames and San Jose Sharks, Kiprusoff has a 319-213-71 record with a 2.49 GAA and .912 save percentage. THE CANADIAN PRESS



Longtime Flames backstop Miikka Kiprusoff has reportedly told the Finnish national team that he is retiring. DOUG PENSINGER/GETTY IMAGES

Sports in brief

1 Soccer star recognized. Sinclair to join Walk of Fame

Soccer star Christine Sinclair was announced as an inductee to Canada's Walk of Fame on Tuesday. THE CANADIAN PRESS

2 Next stop Vancouver. Canucks hire Tortorella

John Tortorella was introduced as the Vancouver Canucks' new head coach, replacing Alain Vigneault. THE CANADIAN PRESS

3 MLB. Jays drop another one in Tampa Bay

Matt Moore overcame control problems to allow one run over six innings and the Tampa Bay Rays beat the Toronto Blue Jays 5-1 on Tuesday night. THE ASSOCIATED PRESS

IGF just the start for new-look CFL

Pigskin renos. One down with three to go as new stadiums go up across Canada

Call it Home Improvement, the CFL Edition.

Stadiums are being replaced or refurbished at a pace probably unmatched in league history, starting this season with Investors Group Field in Winnipeg.

In 2014, the Hamilton Tiger-Cats will move into a new facility while the expansion Ottawa Redblacks are projected to call a revamped Frank Clair Stadium home. And in 2017, the Saskatchewan Roughriders are scheduled to move into a new venue to replace Mosaic Stadium.

Existing facilities in Calgary and Edmonton get upgrades this season to improve the fans' game-day experience.

The big story this year is IGF in Winnipeg.

The facility, a year behind schedule, drew rave reviews for many things: The player areas, sightlines, comfortable seats and fancy suites and concessions.

But as 'Peggers know, there are kinks to be worked out. Cracks in the concrete are being repaired and then there's the small matter of getting 33,400 people on and off the campus of the University of Manitoba in time to actually watch football games.

This season, the Ticats will play their home games at Alumni Stadium in Guelph, Ont., as a new $145.7-million facility is built where Ivor Wynne Stadium used to stand.

The Ticats are scheduled to move into the venue in 2014 with the facility slated to hold the 2015 Pan American Games soccer competition as well.

Until then, the team will spend a cosy year at Alumni, which even after expansion will seat only about 13,000. The Ticats will practise at McMaster in Hamilton and also play a home game in Moncton, N.B.

When the new stadium is complete, it will initially seat 22,500 with standing room for another 1,500. But it will also have 700 club seats and 30 VIP suites and a potential expanded capacity of 40,000 for events such as the Grey Cup.

Fans cheer at the Tiger-Cats' new temporary home at Alumni Stadium in Guelph, Ont., during a pre-season game between Hamilton and Winnipeg last Thursday. AARON LYNETT/THE CANADIAN PRESS

Ticats owner Bob Young says the new facility will generate more revenue that could go back into stadium improvements.

"With more revenue, you can do more things," he said. "With the money we can make in the new stadium, it's going to be interesting to see where, between ourselves and the city, we eventually take this stadium."

Roughriders officials, meanwhile, have visited IGF to take notes, with their $278-million project in Regina following a similar pattern of covered seating over an open field.

Riders president Jim Hopson has said he likes what he sees but suggests they will also learn from Winnipeg's mistakes.

The province, city and team are footing the bill in Regina, after a much more ambitious plan for a domed stadium failed to get federal money needed to proceed.

THE CANADIAN PRESS

Capital games

$450M

In Ottawa, a $450-million, public-private redevelopment of Lansdowne Park is finally underway, including a 24,000-seat stadium set to open in 2014 when the Redblacks are projected to join the CFL.

MLB

AMERICAN LEAGUE

EAST DIVISION	W	L	Pct	GB
Boston	46	33	.582	—
New York	42	34	.553	2½
Baltimore	43	35	.551	2½
Tampa Bay	41	37	.526	4½
Toronto	38	38	.500	6½
CENTRAL DIVISION				
Detroit	42	33	.560	—
Cleveland	39	37	.513	3½
Kansas City	35	39	.473	6½
Minnesota	34	39	.466	7
Chicago	32	42	.432	9½
WEST DIVISION				
Texas	44	33	.571	—
Oakland	44	34	.564	½
Los Angeles	34	43	.442	10
Seattle	34	43	.442	10
Houston	29	49	.372	15½

Tuesday's results
Tampa Bay 5 Toronto 1
Atlanta 4 Kansas City 3
Baltimore 6 Cleveland 3
Boston 11 Colorado 4
Chicago White Sox 5 N.Y. Mets 4
L.A. Angels 14 Detroit 8
N.Y. Yankees 4 Texas 3
St. Louis 13 Houston 5
Cincinnati at Oakland
Pittsburgh at Seattle
Monday's results
Cleveland 5 Baltimore 2
Tampa Bay 4 Toronto 1
Wednesday's games — All Times Eastern
Toronto (Dickey 6-8) at Tampa Bay (Hernandez 4-8), 12:10 p.m.
Cincinnati (Bailey 4-5) at Oakland (Griffin 5-6), 3:35 p.m.
Pittsburgh (Gomez 2-0) at Seattle (Hernandez 8-4), 3:40 p.m.
Colorado (Oswalt 0-1) at Boston (Lackey 4-5), 4:05 p.m.
Cleveland (Kazmir 4-4) at Baltimore (Hammel 7-4), 7:05 p.m.
Texas (Grimm 6-5) at N.Y. Yankees (Pettitte 5-5), 7:05 p.m.
L.A. Angels (Hanson 4-2) at Detroit (Alvarez 1-0), 7:08 p.m.
N.Y. Mets (Marcum 0-9) at Chicago White Sox (Danks 1-4), 8:10 p.m.
St. Louis (Lynn 10-1) at Houston (Bedard 2-3), 8:10 p.m.
Atlanta (Minor 8-3) at Kansas City (Mendoza 2-4), 8:10 p.m.

NATIONAL LEAGUE

EAST DIVISION	W	L	Pct	GB
Atlanta	45	33	.577	—
Washington	38	38	.500	6
Philadelphia	36	41	.468	8½
New York	30	43	.411	12½
Miami	26	50	.342	18
CENTRAL DIVISION				
St. Louis	48	29	.623	—
Pittsburgh	46	30	.605	1½
Cincinnati	45	32	.584	3
Milwaukee	32	43	.427	15
Chicago	31	44	.413	16
WEST DIVISION				
Arizona	41	35	.539	—
San Diego	39	38	.506	2½
Colorado	39	39	.500	3
San Francisco	38	38	.500	3
Los Angeles	33	42	.440	7½

Tuesday's results
Miami 4 Minnesota 2
Milwaukee 9 Chicago Cubs 3
Washington 7 Arizona 5
Philadelphia at San Diego
San Francisco at L.A. Dodgers
Monday's results
San Diego 4 Philadelphia 3 (10)
L.A. Dodgers 3 San Francisco 1
Wednesday's games — All Times Eastern
Minnesota (Diamond 5-6) at Miami (Koehler 1-5), 12:40 p.m.
Arizona (Miley 4-6) at Washington (Zimmermann 10-3), 7:05 p.m.
Chicago Cubs (Feldman 6-6) at Milwaukee (Gallardo 6-6), 8:10 p.m.
Philadelphia (Hamels 2-11) at San Diego (Erlin 1-0), 10:10 p.m.
San Francisco (Lincecum 4-7) at L.A. Dodgers (Kershaw 5-5), 10:10 p.m.

CFL

REGULAR SEASON

WEEK ONE
Thursday's game — All Times Eastern
Montreal at Winnipeg, 9 p.m.
Friday's games
Hamilton at Toronto, 7 p.m.
B.C. at Calgary, 10 p.m.
Saturday's game
Saskatchewan at Edmonton, 3:30 p.m.

NHL PLAYOFFS

STANLEY CUP FINAL

(Best-of-7)
CHICAGO (W1) VS. BOSTON (E4)
(Chicago wins series 4-2)
Monday's result
Chicago 3 Boston 2

CONN SMYTHE TROPHY WINNERS

Stanley Cup Playoff MVP
2013 — Patrick Kane, F, Chicago
2012 — Jonathan Quick, G, Los Angeles
2011 — Tim Thomas, G, Boston
2010 — Jonathan Toews, F, Chicago
2009 — Evgeni Malkin, F, Pittsburgh
2008 — Henrik Zetterberg, D, Detroit

PLAYOFF SCORING LEADERS

	G	A	Pt
Krejci, Bos	9	17	26
Kane, Chi	9	10	19
Horton, Bos	7	12	19
Lucic, Bos	7	12	19
Bickell, Chi	9	8	17
Sharp, Chi	10	6	16
Hossa, Chi	7	9	16
Malkin, Pgh	4	12	16
Letang, Pgh	3	13	16
Bergeron, Bos	9	6	15
Crosby, Pgh	7	8	15
Chara, Bos	3	12	15
Toews, Chi	3	11	14
Carter, LA	6	7	13
Voynov, LA	6	7	13
Marchand, Bos	4	9	13
Keith, Chi	2	11	13
Iginla, Pgh	4	8	12
Pavelski, SJ	4	8	12
Zetterberg, Det	4	8	12

SOCCER

MLS

Saturday's games — All Times Eastern
Real Salt Lake at Toronto, 1 p.m.
Dallas at Philadelphia, 5:30 p.m.
Colorado at Montreal, 7 p.m.
Vancouver at D.C., 7 p.m.
Columbus at Kansas City, 8:30 p.m.
New England at Chivas USA, 10:30 p.m.
Los Angeles at San Jose, 10:30 p.m.
Sunday's game
Houston at New York, 2 p.m.

Distribution Auditor (part time)

Who We Are: Metro is Canada's most-read national daily newspaper brand. Metro targets YAMs (youthful, active metropolitans) and reaches more than 1.6 million readers daily and 3.9 million over the course of a week. Metro launched in Canada in Toronto in 2000 and in the spring of 2012, we launched in 6 new cities. In short – we're still growing!

When you join Metro, you become part of a cross-country community. We strive to provide a culture that is engaging, flexible and creative; we value our employees and their feedback. Metro offers a comprehensive compensation and benefit package.

Metro Calgary is seeking an individual to achieve regional targets for print & online and other performance metrics by developing new business.

PRIMARY RESPONSIBILITIES:

- Work with distribution teams to ensure proper delivery of publication
- Engage with our Metro dealers to provide the best delivery options
- Provide solutions and options for managing all our newspaper pick up points

REQUIREMENTS OF THE POSITION:

- Organized, detail oriented, and computer savvy
- Familiar with the City of Calgary
- Presentable, confident and articulate
- Able to work flexible hours
- Valid Class 5 driver license and reliable vechicle is a must

Interested individuals who possess the skills described above are requested to submit their resume and cover letter via email to hr@metronews.ca no later than July 10, 2013.
PLEASE QUOTE: "Distribution Auditor (Part TIme) - Calgary" in the subject line.
All submissions will be treated as confidential.

metro

SiriusXM

DODGE CARAVAN KIDS
PROUD SPONSOR OF AMATEUR HOCKEY ACROSS CANADA

Less Fuel. More Power. Great Value is a comparison between the 2013 and the 2012 Chrysler Canada product lineups. 40 MPG or greater claim based on 2013 EnerGuide highway fuel consumption estimates. Government of Canada test methods used. Your actual fuel consumption will vary based on driving habits and other factors. See dealer for additional EnerGuide details. Wise customers read the fine print: •, ◦, ▪, ‡, §. The Journey Sales Event offers are limited time offers which apply to retail deliveries of selected new and unused models purchased from participating dealers on or after June 1, 2013. Offers subject to change and may be extended without notice. All pricing includes freight ($1,595–$1,695) and excludes licence, insurance, registration, any dealer administration fees, other dealer charges and other applicable fees and taxes. Dealer order/trade may be necessary. Dealer may sell for less. •$20,698 Purchase Price applies to the new 2013 Dodge Journey Canada Value Package (22F+CLE) only and includes $2,000 Consumer Cash Discount. ◦Consumer Cash Discounts are offered on select new 2013 vehicles and are deducted from the negotiated price before taxes. ▪Ultimate Journey Package Discounts available at participating dealers on the purchase of a new 2013 Dodge Journey SXT with Ultimate Journey Package (RTKH53296/JCDP49284K). Discount consists of: (i) $2,500 in Bonus Cash that will be deducted from the negotiated price after taxes; and (ii) $625 in no-cost options that will be deducted from the negotiated price before taxes. Some conditions apply. See your dealer for complete details. ‡3.99% purchase financing for up to 96 months available on the new 2013 Dodge Journey Canada Value Package model to qualified customers on approved credit through Royal Bank of Canada, Scotiabank and TD Auto Finance. Dealer order/trade may be necessary. Example: 2013 Dodge Journey Canada Value Package with a Purchase Price of $20,698 (including applicable Consumer Cash Discounts) financed at 3.99% over 96 months with $0 down payment equals 208 bi-weekly payments of $116 with a cost of borrowing of $3,495 and a total obligation of $24,193. §2013 Dodge Journey R/T shown. Price including applicable Consumer Cash Discount: $31,640. ◦Based on 2013 EnerGuide Fuel Consumption Guide ratings published by Natural Resources Canada. Transport Canada test methods used. Your actual fuel consumption will vary based on powertrain, driving habits and other factors. 2013 Dodge Journey SE 2.4 L 4-speed automatic – Hwy: 7.7 L/100 km (37 MPG) and City: 10.8 L/100 km (26 MPG). ^Based on 2013 *Ward's* Middle Cross Utility segmentation. ℠The SiriusXM logo is a registered trademark of SiriusXM Satellite Radio Inc. ^Jeep is a registered trademark of Chrysler Group LLC.

SCAN HERE
FOR MORE GREAT OFFERS

DODGE
JOURNEY

2013 Dodge Journey R/T shown.§

Pack more into your weekend and your budget.

DODGE JOURNEY CANADA VALUE PACKAGE
CANADA'S #1 SELLING CROSSOVER^

37 MPG HIGHWAY 7.7 L/100 KM HWY*

$20,698•

2013 IIHS TOP SAFETY PICK

PURCHASE PRICE INCLUDES $2,000 CONSUMER CASH◦ AND FREIGHT.

FINANCE FOR

$116 BI-WEEKLY‡ @ 3.99% FOR 96 MONTHS WITH $0 DOWN

OR STEP UP TO

ULTIMATE JOURNEY PACKAGE

INCLUDES **$3,125** IN PACKAGE SAVINGS▪

• Remote start • Parkview® rear back-up camera • 3.6 L Pentastar™ VVT V6 with 6-speed automatic
• Uconnect hands-free communication with Bluetooth • 2nd row overhead 9-inch screen

PREMIUM SOFT-TOUCH INTERIOR

BEST-IN-CLASS STORAGE^

PARKVIEW® REAR BACK-UP CAMERA

LARGEST TOUCH-SCREEN IN ITS CLASS^

LESS FUEL. MORE POWER. GREAT VALUE.
10 VEHICLES WITH 40 MPG HWY OR BETTER.

Dodge.ca/Offers

CHRYSLER Jeep DODGE RAM

The 2014 Acura MDX

ALL PHOTOS WHEELBASEMEDIA.COM

Review. Lighter, stronger, quicker and more fuel efficient, here's how Acura did it

MALCOLM GUNN
wheelbasemedia.com

For years, the term "all new" has been an abused and incorrectly applied phrase in the lexicon of automotive jargon.

However, it's exactly the right term to describe the 2014 Acura MDX. This premium-grade seven-passenger wagon shares nothing with its predecessor and also breaks new ground in content, technology and fuel efficiency. The new MDX conveys a stronger sense of luxury, especially with its "Jewel Eye" headlights that have become the signature styling item for the Acura brand.

Although cargo volume has been slightly reduced, functionality has improved with added length behind the third-row seat. There's also a flatter load floor when both rear rows are folded. The MDX has supportive front-row buckets and an adjustable second row with 15 centimetres of fore/aft travel.

That creates a decent passageway to the third row that's suitable for a couple of kids, but remains a penalty box for adults. To assist, however, there are illuminated buttons on each side and behind the second-row bench that, when pushed, make the seat slide forward for easier entry and exit.

Button clutter on the redesigned dashboard and control panel is reduced to nine from 41 as the rest are now incorporated into a console-mounted dial plus a touch-screen display for the audio, communications and climate-control systems.

For the driver, a simple display between the speedometer and tachometer shows basic navigation and audio info plus outside temperature, average speed and fuel consumption.

The previous MDX featured a firmed-up ride and sporty (as in high-effort) steering, but customer feedback showed that that's not the priority. The 2014 model goes the other way, now, with a more supple ride and lighter steering. The MDX drives like an upscale wagon should, but is in no way bouncy or sloppy over rough surfaces.

The finished product now rests on an all-new (there's that term again) and more rigid platform, complete with front and rear suspensions specifically designed to improve ride and reduce annoying road noises.

Acura claims the more aerodynamic body structure weighs about 55 kilograms less and, combined with other measures, contributes to a total 125-kilogram weight trimming (for comparison, the Audi Q7 is heavier by about 450 kilograms). Those numbers would improve if the U.S.-only front-wheel-drive MDX (a first for the brand) was offered in Canada.

It would also have dropped the base AWD MDX's $51,900 list price by at least a few thousand dollars. At the upper end of the scale, the loaded-to-the gills MDX Elite tops $67,900.

However the improved AWD system is one of the vehicle's key strengths, considering how well it aids bad-weather grip and works with the braking system to help keep the MDX on its intended path in the turns (called torque vectoring). It certainly demonstrated its abilities by keeping the MDX on track while traversing Oregon's rain-soaked secondary roads.

No matter how you slice it, the MDX's improved status will score major points with buyers and give the proper meaning to the term "all new."

The number of dash buttons drops to nine from a dizzying 41.

2014 Acura MDX

- **Type.** Four-door, all-wheel-drive sport utility vehicle
- **Engines (hp).** 3.5-litre DOHC V6 (290)
- **Transmissions.** Six-speed automatic
- **Base price (incl. destination)** $51,900

Design

Of course the shape and familiar shield-type grille are dead giveaways as to the MDX's origins. But a slightly lower roofline, a 7.5-centimetre stretch between the front and rear wheels and a five-centimetre gain in overall length makes it appear larger than the tape measure suggests.

Fuel economy

It's also more fuel efficient, with an estimated 11.2 l/100 km city rating and 7.7 on the highway, bettering the previous 13.2/9.6 marks. That's close to 25 per cent better on the highway.

Engine

Another area of reduction is the 290-horsepower 3.5-litre V6 that replaces the 300-horsepower 3.7. Smaller, yes, but no one will be the wiser since the 3.5's torque rating is within three pound-feet (267 at 4,500 r.p.m. versus 270 at 5,000 r.p.m.) of the 3.7 and the lighter MDX moves as smoothly as ever.

Compare

1 Infiniti JX
Base price: $47,000

2 Buick Enclave AWD
Base price: $46,100

3 Lincoln MKT
Base price: $50,800

5 DRIVE

Exhibit A in search for true Canadian car

Autopilot. Museum in Ottawa aids patrons in their search for a 'Canadian' vehicle but finding a 'pure' one may prove an impossible task

AUTO PILOT
Mike Goetz
drive@metronews.ca

Old and the new side by side. BOTH PHOTOS MIKE GOETZ

An array of vehicles, new and old, were on show at the exhibit.

What makes a car Canadian?

A canoe on the roof? A personal oil change by Don Cherry? Seat upholstery trimmed in back bacon?

Thankfully the Science and Technology Museum in Ottawa addressed the question more seriously, and in actual sheet metal, by its fantastic exhibit, In Search of the Canadian Car.

It was the brainchild of Garth Wilson, a former curator at the museum. Unfortunately he passed away shortly after the exhibit was completed in 2010.

I only saw it for the first time last month. If you haven't been, you should go. About 20 really cool "Canadian" vehicles are displayed in really cool displays under various headings, such as "Designed by Canadians" or "Made by Canadians" or "Marketed to Canadians" or "Chosen by Canadians."

The exhibit takes up the question of what is or what isn't a "Canadian" car, but doesn't answer it. Wilson wanted visitors to make up their own minds, and contribute to the discussion.

Sharon Babaian, the current curator of the museum's land and marine transportation collection, says the exhibit is very popular with patrons, but then, car stuff has always been one of the museum's biggest attractions. "Anytime we've taken the cars off the floor of the museum, we've heard about it," says Babaian.

All vehicles in the exhibit were sourced from the museum's permanent collection. She adds that the exhibit won the very prestigious Dibner Award from the international museum and historical community in 2011, beating out a high-profile history-of-the-computer exhibit in California's Silicon Valley.

The voting committee noted how the Ottawa exhibit asked a significant question, and in a manner, "that interests, teaches and stimulates both the general public and historians."

Of course, it's only possible to have such a discussion because there really isn't a definitive Canadian car out there, in the way Ferrari says Italy, or Toyota says Japan, or Volvo says Sweden, or Jaguar says England, etc. We have to consider cars that are connected to Canada in various way, be they fully or partially designed, engineered and built by Canadians, or be they Canadian-exclusive models with exclusive-to-Canada marketing … that kind of thing.

And we've been dealing with "that kind of thing" since day one. As Babaian astutely points out, "our economy and the auto industry is completely integrated with the U.S, and has been almost from the beginning." She notes that even very early Canadian auto production at the turn of the last century utilized many parts and components from U.S. sources. The Auto Pact (enacted in 1965) made the Canada-U.S industry even more integrated, and then the NAFTA agreement went on from there.

So the concept of a "pure" Canadian car never really happened, especially when you consider vehicles that sold enough to make them house hold names.

Join in the discussion at canadiancar.technomuses.ca, where you can even vote for the car you think is most Canadian.

Crash test facilities a credit to Canadians

Driving force. PMG's award-winning work is part of the reason why there are less and less fatalities on our roads

JIL MCINTOSH
drive@metronews.ca

Although there are more cars on the road each year, the fatality rate in collisions is consistently dropping. It isn't because drivers are getting better, but because vehicle safety is continually improving.

Part of the process is crash testing. Most of our crash data comes from U.S. government testing, but Transport Canada also maintains a Motor Vehicle Test and Research Centre, managed by PMG Technologies in Blainville, Quebec. "We verify the compliance with Transport Canada safety standards," says Alain Bussières, president of PMG. "We need to ensure that occupants will be protected in the passenger compartment."

Vehicle standards between Canada and the U.S. are mostly harmonized, but there are a few regulations that differ, and PMG tests to ensure that the Canadian requirements are met. Transport Canada also does random "spot checks" to ensure the crash safety of high-volume vehicles. They're purchased from dealerships, rather than directly from manufacturers, to make sure they're not specially prepped and are the same as a consumer would get.

PMG does more than just slam vehicles into each other. It also tests such things as seatbelts, roof strength, brakes, bumpers and child seats. "If there is a failure, a report will be issued to Transport Canada," Bussières says. In some cases, this could lead to the manufacturer having to issue a recall.

In addition to government testing, PMG is available as a third-party facility for automobile and component manufacturers.

While many companies have their own test facilities, they may not have some of the higher-tech equipment.

A sophisticated crash-test dummy for measuring side impacts can cost between $300,000 and $500,000, with a few as high as $1 million. This is the type of equipment that only very large automakers or government agencies may have, Bussières says.

PMG also tests more than just crashworthiness. Special chambers can freeze vehicles to -55C or heat to 85C, while its 25 km of outside test track contains numerous surfaces to check performance, handling and braking.

The facility can even handle buses, trains and airplanes and both the Vehicle Test Centre and PMG have won numerous international awards for test quality.

With prices this small, open the door to summer.

2013 Jetta

Sedan

Own it from

$97 bi-weekly for 84 months*

1.9% APR **$0** down payment

Freight and PDI included

2013 Tiguan

Compact SUV

Own it from

$162 bi-weekly for 84 months*

2.9% APR **$0** down payment

Freight and PDI included

That's the value of German engineering.

Das Auto.

1-800 DRIVE VW

vw.ca

*Limited time finance purchase offer available through Volkswagen Finance, on approved credit. Base MSRP of $16,385/$26,600 for a new 2013 Jetta 2.0L / 2013 Tiguan 2.0T base model with 5/6-speed manual transmission, including $1,395/$1,610 freight and PDI, financed at 1.9%/2.9% APR for 84 months equals 182 bi-weekly payments of $97/$162. Down payment or equivalent trade-in, due at signing, may be required. Cost of borrowing is $1,127/$2,824 for a total obligation of $17,512/$29,424. PPSA fee, license, insurance, registration, any dealer or other charges, options and applicable taxes are extra. Dealer may sell for less. Dealer order/trade may be necessary. Offers end July 2, 2013 and are subject to change or cancellation without notice. Models shown: 2013 Jetta 2.5L Highline / Tiguan 2.0T Highline R-Line, with options and accessories, $25,985/$42,985. Vehicles may not be exactly as shown. Visit vw.ca or your Volkswagen dealer for details. "Volkswagen", the Volkswagen logo, "Das Auto & Design", "Jetta" and "Tiguan" are registered trademarks of Volkswagen AG. © 2013 Volkswagen Canada.

A new car? ... All in (less than) a day's work

Autoknow. From start to finish each car at the impressive General Motors of Canada plant takes just 22 hours and they can make up to 750 vehicles per day

JOE KNYCHA
wheelbasemedia.com

One of the plant's models receives a spray job on its short journey to being completed.

The Oshawa plant builds six different car models. ALL IMAGES WHEELBASE

You're driving around in your new 2014 Chevrolet Impala, groaning about the traffic, the misty weather and wondering about whether you forgot to pack the power cord for your laptop.

But what about the miracle of the automobile, and how it came to be that this new Impala ended up on the road under you?

A team had to design the look, engineers had to sort out the powertrains and supporting systems, others had to make the parts look pretty and shiny and another other person, or team, had to make it work so seamlessly that you never give its operation a second thought. And then someone has to build 750 of them every day.

The first thing to tip off a visitor that the sprawling General Motors of Canada Oshawa Assembly Plant isn't your average production line is the almost eerie silence of the place.

GM spent three-quarters of a billion dollars in 2006/'07 to convert the Oshawa facility to a "flexible" line, making it one of North America's most efficient state-of-the-art automobile production plants.

It is capable of building a variety of vehicles to an array of trim and equipment levels all at one time, in any combination.

As visitors strictly adhere to safety paths throughout the near nine million square foot (840,000 square metre) facility, an unending progression of four different GM vehicles moves slowly but steadily in various stages of build and finish, gliding nearly silently on automated dollies, along moving floors and overhead on elevated lines.

State of the art

GM spent three-quarters of a billion dollars in 2006/'07 to convert the Oshawa facility to a "flexible" line.

Plant launch operations manager Ted Lang explains how engines, alternators, compressors and electronic and other components all come together to comprise, in the end, either a Chevrolet Camaro (in coupe, and convertible trims), Buick Regal, new Chevrolet Impala or Cadillac XTS. Each one, he notes, represents a customer's order, and each must exactly match its order sheet.

The deafening din, incessant clanging of heavy metal and flashing hellfire that one might expect from an industrial complex that pumps out 750 vehicles a day (jumping to 1,000 with a third shift coming online this spring) simply isn't there.

A mild background hum is about as wild as it gets, interspersed by the whine of pneumatic wrenches as line workers at height-adjustable stations systematically install the guts and gears of each vehicle in well-lit, shirtsleeve conditions.

You can carry on a conversation at normal volumes at almost any station all down the line, something not always possible in other less-advanced plants.

About 3,300 people will call Oshawa Assembly their workplace when a third shift comes on line in May, says Lang. They'll be making vehicles bound for not only the United States and Canada, but also the Middle East, Europe and China.

Flexibility means rapid adaptability, Lang adds, saying that a flexible manufacturing line enables the plant to switch quickly to meet customer and vehicle market changes, and to produce a multitude of vehicle models and platforms, all on the same assembly line.

Silence is golden

You can carry on a conversation at normal volumes at almost any station all down the line, something not always possible in other less-advanced plants.

The complex also boasts a leading-edge vehicle paint facility that set a new standard for Canadian automotive plant paint-shop-emission reductions, he said, reducing volatile organic compound (VOC) emissions by 50 per cent per vehicle.

From start to finish, each vehicle takes less than a day — about 22 hours, start to finish — to complete.

The logistics involved in achieving the capacity to smoothly build 1,000 differently-equipped cars each day requires not just a dedicated workforce, says Lang, but also computer-aided assistance at every step and no end of just-in-time delivery of every part required, getting them in place at each individual station along the line without interruption.

Quality checks are performed frequently throughout the entire process, he said.

If a vehicle is found to have a problem or doesn't exactly meet the customer's specific order, it is removed from the line for correction without affecting the progress of the other vehicles, then re-inserted when the issue has been addressed.

Wheel-and-tire packages are ready to go for the cars that drift by on the line.

Meanwhile, GM's nearby Consolidated Assembly Line produces the Chevrolet Equinox tall wagon and the last-generation Impala, which will continue to be sold to fleet markets in the United States.

Lang and his colleagues throughout the plant demonstrate a sense of pride in their high-tech, efficient and state-of-the-art plant, and in the vehicles that it produces.

They just don't make a lot of noise about it.

Parts for the respective models are moved around the factory.

www.CANYONCREEKTOYOTA.com

DEALS! DEALS! DEALS!

2012 TOYOTA COROLLA
814074P • 36,721 • B PACKAGE

NOW! $14,988 $96/BW

2010 HYUNDAI SANTA FE
364998T • 37,000 KM • GLS • V6 • AWD • BLUETOOTH

LOWER PAYMENT! $177/BW

2011 NISSAN FRONTIER
431652T • 33,000 KM • KING CAB 4X4 • LOADED

LOADED PRO X4 $27,688

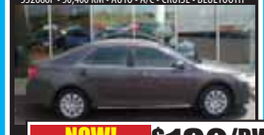
2012 TOYOTA TUNDRA
216214P • 7,500 KM • CREWMAX 4X4 • LOADED!

LOWER PAYMENT! $303/BW

2011 MAZDA 2 HATCH
113601T • 24,000 KM • AUTO • A/C • PWR. GROUP

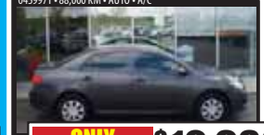
1 OWNER! $13,995

2012 TOYOTA CAMRY
552666P • 50,400 KM • AUTO • A/C • CRUISE • BLUETOOTH



NOW! $20,888 $132/BW

2009 TOYOTA COROLLA
045997T • 88,000 KM • AUTO • A/C



ONLY 1 OWNER! $10,980

2012 TOYOTA MATRIX
796808P • 46,773 KM • AUTO • A/C • POWER GROUP

$15,988

2012 TOYOTA MATRIX
797319P • 52,162 KM • AUTO • A/C • POWER GROUP

LOWER PAYMENT! $99/BW

2010 TOYOTA RAV4 AWD
030543LP • 63,000 KM • 4 CYL • ALLOYS

$21,988

2010 TOYOTA VENZA V6
035648LP • SUNROOF • LOADED • BLUETOOTH

$25,888

2010 TOYOTA RAV4
030900LP • 48,894 KM • AUTO • A/C • CRUISE

$18,888 OR $138/BW

2012 TOYOTA SIENNA
043660P • 48,000 KM • AWD • 7 PASSENGER

NOW! $30,880 $193/BW

2008 TOWN & COUNTRY
603618T • 87,320 KM • LOADED • DVD

NOW! $15,988 $155/BW

2007 TOYOTA TUNDRA
002460T • 78,000 KM • SR5 • D/CAB • 5.7L V8

$18,800

2010 TOYOTA SEQUOIA
025170P • 78,000 KM • 4X4 • LEATHER • SUNROOF

LOADED PLATINUM! $46,880

2010 TOYOTA COROLLA
245246LP • 36,054 KM • B PACKAGE • AUTO

2 SETS OF TIRES! $13,980

2009 TOYOTA COROLLA LE
009135T • 17,500 KM • AUTO • LOADED • WON'T LAST!

$15,888

2007HYUNDAI ELANTRA
019054P • 73,508 KM • AUTO • KEYLESS ENTRY

$9,980

2006 CHRYSLER 300
482780T • 154,000 KM • TOURING • NICE!

$9,980

2008 JEEP LIBERTY 4X4
167497T • 94,837 KM • AUTO • A/C • ALLOYS

SUNROOF! LOADED! $14,888

2007 HYUNDAI SANTA FE
066693T • 90,700 KM • V6 • LEATHER • AWD • LOADED!

$15,980

2008 DODGE GR. CARAVAN
640571T • 79,200 KM • STOW N' GO • REMOTE START

$13,900

2006 HONDA CIVIC LX
037920P • 136,000 KM • 5-SPEED • ALLOYS

$9,995

2008 TOYOTA YARIS
248521T • 89,000 KM • 5-SPEED • A/C

GREAT 1ST CAR! $9,900

2004 TOYOTA ECHO HATCH
055877T • 149,500 KM • 5-SPEED • ALLOYS

$6,980

2003 TOYOTA SIENNA LE
523115T • 159,000 KM • DVD • CRUISE • ALLOYS

$8,980

1998 TOYOTA SIENNA XLE
047488T • 223,000 KM • LOADED • LEATHER

$5,900

2003 HONDA PILOT AWD
002177T1 • 164,000 KM • EX • WINTER/SUMMER TIRES

$8,995

2007 HONDA RIDGELINE
001263T • 179,823 KM • EX-L • A/C • HEATED SEATS

LEATHER! SUNROOF! $14,888

SPECIAL PRE-OWNED

1.9%

FINANCING AVAILABLE!*

CANYON CREEK TOYOTA

CALL: 403-278-6066

IT'S ALWAYS BEEN CANYON CREEK TOYOTA!

AMVIC LICENSED- ALL OFFERS OAC. GST EXTRA AND AMVIC FEE OF $6.25 EXTRA. BIWEEKLY PAYMENTS BASED ON $0 DOWN. RATES AND TERMS VARY BY MODEL. INVENTORY ACCURATE AT TIME OF PUBLICATION. VEHICLES MAY NOT BE EXACTLY AS DEPICTED. LIMITED TIME OFFERS. SEE DEALER FOR DETAILS.

Horoscopes

♈ Aries
March 21 - April 20
There is nothing to fear but fear itself and if you keep that thought in mind for the rest of the week, you will do very well indeed. Once you get over your anxieties, try helping loved ones get over theirs.

♉ Taurus
April 21 - May 21
Support someone in their hour of need, even if it means you have to disrupt your schedule and fall behind in what you were doing. A friend in need is a blessing. Show how good your heart is.

♊ Gemini
May 22 - June 21
You may have serious things to do but you must still make the most of your leisure time. The planets warn you will regret it if you work too hard when you don't have to.

♋ Cancer
June 22 - July 23
The more others try to shout you down, the more you must raise your voice. You are entitled to hold a dissenting view, no matter how strange it may seem to traditional types.

♌ Leo
July 24 - Aug. 23
Someone you do not entirely trust will be friendly towards you today and no doubt you will at first be suspicious. It will soon be apparent though that they genuinely want to get along with you better.

♍ Virgo
Aug. 24 - Sept. 23
Try not to make decisions on emotion alone. You are at your best when using your head, so stay in control of your feelings and search for a rational solution to whatever happens.

♎ Libra
Sept. 24 - Oct. 23
You may want to cut corners and take risks but others are not so bold and you will find you have to leave people behind over the next 24 hours. It's not a case of "right" or "wrong", just "different".

♏ Scorpio
Oct. 24 - Nov. 22
What you hear today may not please you but at least you are no longer in the dark. Rivals and enemies can be dealt with once you know who they are. Try not to be too harsh!

♐ Sagittarius
Nov. 23 - Dec. 21
Jupiter, your ruler, moves into the wealth area of your chart today, so your money situation should start to improve over the next few weeks. It will improve faster if you make things happen.

♑ Capricorn
Dec. 22 - Jan. 20
Focus on personal relationships today, even if by doing so you have to neglect other areas such as work and social. One-to-one contacts are under excellent stars, so reach out to someone with love.

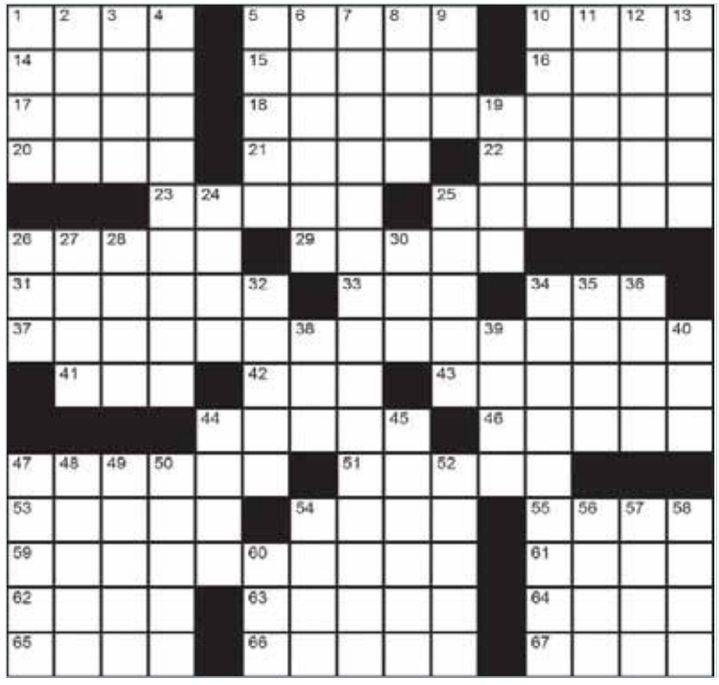
♒ Aquarius
Jan. 21 - Feb. 19
Don't waste time moaning that some things have not gone right for you, just pick yourself up, dust yourself off and get on with it. You have what it takes to turn minor setbacks into major triumphs.

♓ Pisces
Feb. 20 - March 20
You don't have to do it all on your own. Your life is full of loved ones who will happily help you out in any way they can. If you need assistance today just ask. SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

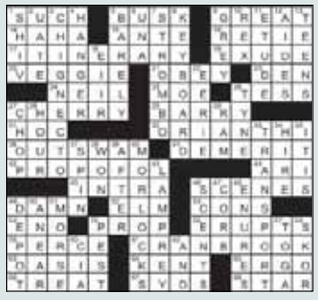
BY KELLY ANN BUCHANAN



Across
1. Underground shopping network in Toronto
5. Chump
10. Thailand, once
14. Fertilizer component
15. "It's been _ __ pleasure..."
16. Seasoned stew, __ podrida
17. Mr. Penn
18. "Canadian Idol" judge: 2 wds.
20. Challenging
21. Give off
22. Tidal bore
23. Worth
25. Futuristic cards
26. Nile River dam
29. Low point
31. Rigid, as per discipline
33. Incurred
34. Look
37. 1972 to 1983: News-themed Canadian game show: 2 wds.
41. Quick rotation meas.
42. Cap
43. Character on HBO's "True Blood", __ Stackhouse
44. Tartan
46. Pass, as law
47. Tie-dye wearer
51. Portia's "Ally McBeal" character
53. Arctic boat
54. Vehicle variety
55. Surfer's need
59. Kim Mitchell's pre-solo-career band: 2 wds.
61. Really inspired
62. Opposin'
63. Ms. Witherspoon
64. Not early
65. Social pages words
66. Brewery kilns
67. Prime Minister William __ Mackenzie King (b.1874 - d.1950)

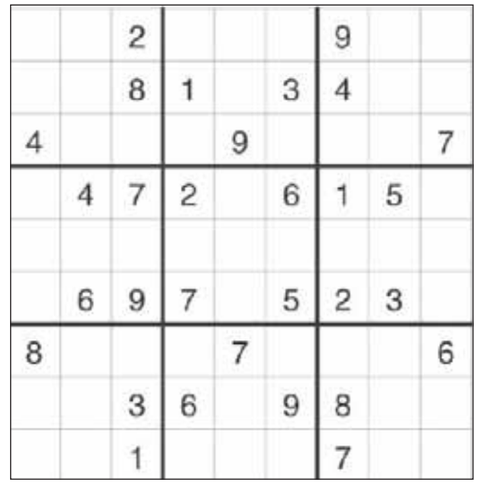
Down
1. 1994 Moist song
2. Domain
3. Rupture
4. Margaret Atwood novel, The __ Tale
5. Less dangerous
6. Fit snugly: 2 wds.
7. 60-second TV spot featuring Canadian history: 2 wds.
8. Retro milkshake
9. Vaudeville star Mr. Olsen (b.1892 - d.1963)
10. Up to now: 2 wds.
11. Volunteer's you-stay-behind words
12. Watchful
13. Puts a charge card to full use, __ out
19. Orbital period
24. Envelope insertion [abbr.]
25. Shakespearean tragedy, __ Andronicus
26. Elizabeth Taylor
29. Comedian Mr. Bean
30. Play-__
32. Novel's name
34. Manitoba town founded in 1878
35. "__! _ mouse!"
36. Mr. Burdon of The Animals
38. 1969: First man on the Moon ...his monogram
39. Brit rocker Mr. Gallagher
40. Arrange
44. Medieval weapon
45. Hate
47. '80s band, The __ League
48. Reflection
49. Woman's short hairstyle, __ cut
50. Chess pieces
52. Knowledgeable traditions
54. Between ports
56. Travelling
57. Refuse to permit
58. A famous Barbara
60. Jake to Maggie, for short

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.



Yesterday's Sudoku

5	3	9	1	4	7	8	6	2
1	7	2	6	8	3	4	9	5
4	8	6	5	9	2	7	3	1
9	2	5	7	6	4	1	8	3
3	4	7	2	1	8	9	5	6
8	6	1	3	5	9	2	4	7
6	1	4	9	7	5	3	2	8
2	5	8	4	3	1	6	7	9
7	9	3	8	2	6	5	1	4

Weather

TODAY	THURSDAY	FRIDAY
MAX: 21° MIN: 11°	MAX: 22° MIN: 11°	MAX: 25° MIN: 14°

BT BREAKFAST TELEVISION

ANDREW SCHULTZ METEOROLOGIST
"I get to spread the word on how your day, evening or weekend will shape up with our ever-changing weather here in Alberta".
WEEKDAYS 5:30 AM

Stylish urban architecture lives at Walden.

walden park

ESTATE HOMES STARTING FROM THE $515s

Sales Centre: 14 Walden Close SE • 587.350.1129

ARRIVA 2 MODEL HOME NOW OPEN

CARDEL HOMES

Built for real life.
CARDELHOMES.COM

NGMC.COMSHAWGMC.C

RETIRE YOUR WHEELS!

ONLY AT SHAW GMC

Up To $2,000 OFF For Your CLUNKER

AGE AND CONDITION DOES NOT MATTER!

HELD OVER BY POPULAR DEMAND

ENDS THIS SATURDAY! DON'T MISS OUT!

EARN UP TO 3,000 AIR MILES ON YOUR VEHICLE PURCHASE

AIRMILES.SHAWGMC.COM

2013 GMC SIERRA CREW CAB 1500 4X4

MSRP: $41,735

~~$31,935~~

$29,935

WITH RETIRE YOUR WHEELS!

$95/WK

130187

TRAILERING PKG, KEYLESS ENTRY, LOCKING REAR DIFFERENTIAL!

2013 GMC SIERRA REG CAB 1500

MSRP: $29,205

~~$19,995~~

$17,995

WITH RETIRE YOUR WHEELS!

$52/WK

130437

A/C, BLUETOOTH, ONSTAR

2013 CHEVROLET CRUZE LT TURBO

MSRP: $22,535

FROM $20,900

WITH RETIRE YOUR WHEELS!

$64/WK[1]

SG297486

AUTOMATIC 1.4L TURBO, BLUETOOTH

2013 CHEVROLET EQUINOX

MSRP: $28,635

~~$27,495~~

$26,495

WITH RETIRE YOUR WHEELS!

$159 B/W[2]

0%

130622

AUTOMATIC, A/C, BLUETOOTH

Goodwrench Service
EXPERT SERVICE AT COMPETITIVE PRICES.

TRY OUR SERVICE DEPARTMENT!

SEASONAL SPECIAL 1 STARTING FROM $139.95

- MULTI-POINT INSPECTION
- FREE TIRE ROTATION
- TOP UP FLUIDS
- LUBE, OIL, FILTER - DEXOS1 SYNTHETIC BLEND OIL

SHAW GMC CHEVROLET BUICK

403-930-1654

SHAWGMC.COM

4620 Blackfoot Trail SE
CALGARY, AB T2G 4G2

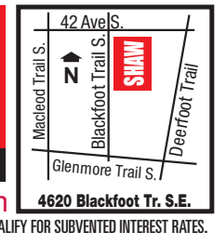
CANADA'S BEST MANAGED COMPANIES

AMVIC LICENSED

BBB ACCREDITED BUSINESS

CREDIT CALGARY
Bad credit? No credit?
100% APPROVAL RATING
CREDITCALGARY.COM 403-287-5974

ilikeshaw.com



SIERRA PAYMENTS ARE O.A.C. AT 4.99% FOR 96 MTHS. 1: CRUZE PAYMENTS ARE O.A.C. AT 0.49% FOR 84 MTHS - INCLUDES GM SPECIAL $750 FINANCE COST. 2: EQUINOX PAYMENTS ARE O.A.C. AT 0% FOR 84 MTHS. PRICES INCLUDE ALL CASH REBATES AND DO NOT QUALIFY FOR SUBVENTED INTEREST RATES. SEE DEALER FOR ALL DETAILS ON RETIRE YOUR WHEELS. PRICES INCLUDE TAXES AND FEES EXCEPT GST & PST IF APPLICABLE. ERRORS AND OMISSIONS EXEMPT. VEHICLES MAY NOT BE EXACTLY AS SHOWN. SALE ENDS JUNE 30, 2013. PROGRAMS SUBJECT TO CHANGE WITHOUT NOTICE.

Kaizen Automotive Group PART OF THE KAIZEN AUTOMOTIVE GROUP | KAIZENAUTO.COM

ALL THE
INFO
YOU'LL
NEED
ABOUT ALL
THE THINGS
YOU'LL
SAY YOU'VE
DONE.

▶▶▶ LasVegas.com

LAS Vegas

Book your trip at
LasVegas.com